High 'N Dry

VOLUSIA COUNTY INTERGROUP SERVICES

Districts 8, 19, 20, 21 & 32

January 2026

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.*

THE A.A. SPIRIT – Getting to Step 1

I attended my first AA meeting, in Santa Monica, California, about twelve hours after a three-day non-stop drunken binge; strange nonexistent music was still ringing through my booze saturated mind as I mumbled to myself in turns. Memories of that Friday night meeting remain a blur, but I will never forget that after the closing prayer (The Lord's Prayer), I somehow *knew* that AA was going to work for me… and I was right, because I haven't had to drink since!

This was rather amazing because not in one of the previous twenty years had I not *quit drinking forever*, ending up soused within a few weeks. **Why did that AA meeting give my still drunken mind such hope and confidence?** I believe I felt the hand of God at that moment. **What desperate and hopeless drunkard has not felt that fragile, yet powerful, God-given AA Spirit as they enter the door of a meeting?**

I will never forget the outgoing love of a small gang of four, who would pick me up for meetings during those first weeks. Nor will I forget the lady who – some months later – informed me that I looked very mean when I first came in, but she stated: "*We knew you weren't mean, you were just crazy.*" Of course, she was right!

I was thrilled to join the spirit of AA – I went to meetings non-stop. There exists a cliche: "*Survival on the fellowship is untreated alcoholism.*" There could be much truth in this statement, but had I not become immersed in the AA Spirit (meetings) those first crucial months, I surely would have not maintained the continuous sobriety I am enjoying today.

By Bob S.

Highlights in this issue

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Archives Story

Second Reader for Alcoholics Anonymous Published in Akron, Ohio

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I have culled and paraphrased tidbits from the pamphlet. Archivist's additional comments are in brackets. The original was published by the Akron Area Intergroup Council of A.A. in the 1940's and commissioned by Dr. Bob and is still available for purchase from the Akron Intergroup.
https://akronaa.org/product-category/pamphlets/page/2/
This is only a portion of the pamphlet. If this story peaks your interest, then I encourage you to buy and read the whole pamphlet. Hope you enjoyed perspective of early A.A.'s in Akron.

-Jim B.; Intergroup Archivist

Spiritual Milestones in Alcoholics Anonymous

Those who fulfill the twelve steps of A.A. grasp at least some of the "spiritual angle" of the program.

Here is a set of suggestions couched in the simplest of language.

1. **Eliminate sin from our lives**. It is utterly essential if we are to retain sobriety, to eliminate imperfections of lust, greed, selfishness, intolerance, gluttony, sloth, anger, jealousy – to mention a few. Also, to banish self-pity and resentment.
2. **Develop humility.** Humility is teach-ability, the willingness to learn and to keep an open mind.
3. **Constantly pray to God for Guidance.** Prayer is partnership. God is the elder statesman and we ask Him for guidance, but we must do the work.
4. **Practice Charity.** Unselfish helping of others is the practice of love. Our Lord's two commandments: thou shalt love the lord thy God with all thy heart, and with all thy soul and with all thy mind. And thou shalt love they neighbor as thyself.
5. **Meditate frequently on our new found blessings, giving honest thanks for them.** Possess at least a spark of gratitude for your sobriety. Be grateful for the little blessings of life such as freedom from fear and worries, love of families and friends.
6. **Take God into our confidence in all our acts.** In other words, ponder the rightness or wrongness of every thought, word, or action. One of the chief blessings of being an adult is to be able to distinguish between right and wrong. When we were young, we did not hesitate to talk things with dad. We should strive to make God a companion rather than someone from whom we constantly demand gifts.
7. **Seek the companionship of others who are seeking the spiritual life.** In the early days, the kitchen was the church of AA. The few members met almost every morning to have coffee together, pray together and give thought to their mutual problems. AA was a shaky structure in those days, with no literature except the bible, no rules for guidance except a few inherited from Buchmanism (Oxford Group) that have since been pretty largely discarded. The program today is an accumulation of ideas arrived at by trial and error of the early members and those that have contributed to this day.

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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.

MONTHLY DISTRICT MEETINGS

District 8:	District 19:	District 20:
Last Monday – 7:15pm Almous Club 569 Foote Court, Daytona Beach	4th Wednesday – 6:30pm First Congregational Church (Jane Murray Hall) 201 W. University, Orange City	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:	**District 32:**	**Group GSR's Please Attend so you can carry the message from your group**
4th Tuesday- 6:30 pm St. James Episcopal Church 38 South Halifax, Ormond Beach	1st Monday - 6:30 pm Grace Beachside Lutheran Church 338 Oceanshore Blvd. Ormond Beach	

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 1st 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 TWELVE include:

•Nearly all have recovered. They have solved the drink problem. (p 17)
•But, there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. (p16)
•The feeling of having shared in a common peril is one element in the powerful cement which binds us. The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism. (p 17)
•There is a solution. (p 25)
•But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. (p 25)
•We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed. (p 25)
•The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. (p 25)
•The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. (p 25)
•He has commenced to accomplish those things for us which we could never do by ourselves. (25)
•We, in our turn, sought the same escape with all the desperation of drowning men. What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given us or, if you prefer, "a design for living" that really works. (p 28)

JANUARY ANNIVERSARIES

NAME	YR	DATE
5:30 Group		
Kevin H	38	1/1/1988
Tom G	31	1/16/1995
Rob C	6	1/15/2020
Alcoholics and God		
Tommy M	*32*	1/13/1994
Matt M	*21*	1/9/2005
Sherie O	*15*	1/5/2011
Chris B	*10*	1/25/2016
Tito S	*9*	1/1/2017
Jason L	*9*	1/4/2017
Ken S	*5*	1/28/2021
Liz S	*2*	1/22/2024
Jennifer B	*1*	1/18/2025
Any Lengths Deltona		
Jason L	*9*	1/9/2017
Back to Basic Deland		
Horacio M	*10*	1/22/2016
Kathy S	*7*	1/16/2019
Central Facts		
Frank C	37	1/26/1989
Bob K	6	1/7/2020
Christian A	5	1/1/2021
Brett O	2	1/1/2024
Heather S	2	1/15/2024
Choice is Yours		
Missy	36	1/2/1990
Ashley	6	1/1/2020
Roger	6	1/20/2020
Christie	4	1/19/2022
Deland Big Book Group		
Tommy M	32	1/13/1994
Paul H	11	1/21/2015
Deltona/Debary Group		
Kevin K	34	1/21/1992
Deltona Men's Group		
Eddie O	53	1/1/1973
Sean D	23	1/7/2003
Vincent P	19	1/17/2007
Chris B	10	1/25/2016
Donut Group		
Missy S	36	1/2/1990
Rob M	33	1/1/1993
Cindee B	26	1/5/2000
Michelle B	6	1/1/2020
Early Duck		
David W	34	1/17/1992
Dave M	34	1/31/1992
James B	7	1/2/2019
Bill M	1	1/9/2025

NAME	YR	DATE
Four Townes		
Janice M	47	1/14/1979
Paul M	36	1/1/1990
Phil T	26	1/29/2000
Sean D	20	1/8/2006
Tito S	9	1/1/2017
Jeremy K	3	1/4/2023
Eugene M	1	1/7/2025
Had Enough		
Kathy R	16	1/2/2010
Laura R	7	1/21/2019
Joann S	3	1/28/2023
Happy Belated Anniversary		
Susan W	48	12/16/1977
Heather B	4	12/3/2021
Happy Hour Daytona		
Tom B	38	1/8/1988
Tom D	31	1/18/1995
Sonny	27	1/1/1999
Brian N	15	1/29/2011
Donald C	12	1/16/2014
Angel G	6	1/4/2020
Sebrina R	4	1/18/2022
Marilyn R	2	1/15/2024
Bob P	2	1/22/2024
High Noon		
Janelle	46	1/30/1980
Tim G	13	1/1/2013
Greg A	1	1/9/2025
It's 5:00 Somewhere		
Sylvia	24	1/6/2002
Tricia	5	1/4/2001
Mary	5	1/27/2021
Debbie	1	1/10/2025
Cheryl	1	1/17/2025
Ritchie	1	1/30/2025
Lest we Forget		
Phil B	40	1/6/1986
Gina H	22	1/22/2004
Carolyn F	6	1/22/2020
Lifesavers		
Judith S	49	1/8/1977
Donna H	34	1/21/1992
Marsha M	23	1/6/2003
Tim G	13	1/1/2013
New Heights		
Lee S	7	1/20/2019
Jason P	6	1/14/2020

Representing **850,667** days of continuous sobriety!

JANUARY ANNIVERSARIES

NAME	YR	DATE
New Dawn		
Laura L	29	1/1/1997
Sylvia	24	1/6/2002
Bob S	20	1/10/2006
Kim C	14	1/8/2012
Sally L	14	1/10/2012
Mary S	5	1/27/2021
Bryan D	4	1/3/2022
Lisa U	3	1/16/2023
Jon A	2	1/1/2024
Debbie D	1	1/10/2025
Richie M	1	1/30/2025
New Smyrna Beach Group		
Donna H	34	1/21/1992
Ed T	13	1/23/2013
Chris V	3	1/20/2023
Noon Group Deland		
Sonny W	14	1/6/2012
Maddie B	6	1/8/2020
Open To Change		
Jacquie	38	1/1/1988
Tammy M	36	1/7/1990
Terri A	35	1/25/1991
Sandy L	14	1/17/2012
Mike L	13	1/17/2013
Boston Jim	11	1/8/2015
Carolyn F	6	1/22/2020
Donna M	4	1/4/2022
Ormond Beach Group		
Darius	2	1/14/2024
Angelo V	1	1/25/2025
Pass it On		
Lou Ann	10	1/11/2016
Sand and Sea		
Marty B	26	1/1/2000
Linda R	19	1/24/2007
Shawni B	13	1/28/2013
Xien C	9	1/19/2017
Arrien C	6	1/3/2020
Steven D	4	1/12/2022
Jeremy	4	1/25/2022
Tyler R	3	1/27/2023
Rebcca H	2	1/18/2024
Sean M	2	1/10/2024
Rich C	1	1/1/2025
Saturday Beginner's Meeting		
Paul H	10	1/21/2015
Dianne	10	1/24/2015
Johnell B	1	1/3/2025
Shane S	1	1/13/2025
Tony C	1	1/18/2025

NAME	YR	DATE
Sister in Sobriety Deland		
Linda D	40	1/20/1986
Susan G	4	1/4/2022
Julie R	2	1/2/2024
Sobriety First		
Julie S	18	1/12/2008
Liz S	2	1/22/2024
Steps For Life		
Judith S	49	1/8/1977
Jacquie	38	1/1/1988
Susan T	34	1/6/1992
Angel G	6	1/4/2020
Michelle J	6	1/1/2020
Mary S	5	1/27/2021
Lisa U	3	1/16/2023
Cheryl H	1	1/17/2025
Danica B	1	1/6/2025
Debbie D	1	1/10/2025
Judy J	1	1/28/2025
Sunrise Group Deland		
Jim F	15	1/14/2011
Larry R	8	1/3/2018
Michelle M	2	1/1/2024
Hector C	2	1/8/2024
Michael N	1	1/25/2025
Tomoka Group Beachside		
Nancy	32	1/15/1994
Way of Life		
Sally L	12	1/3/2014
James F	1	1/1/2025
Tommy G	1	1/1/2025
We Are Alive		
Janice K	47	1/14/1979
Bob D	19	1/12/2007
Michelle	16	1/26/2010
Kim D	13	1/17/2013
DeAnn P	7	1/11/2019
Jeremy R	5	1/8/2021
Wednesday Women		
Judith S	48	1/8/1977
Arlene C	33	1/24/1992
Ashley L	5	1/1/2020
Jody	3	1//24/2022
YOLO		
Patty M	32	1/1/1994
Taylor R	12	1/24/2014
Glenn P	8	1/27/2018
Mary	5	1/27/2021

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

The INTERGROUP OFFICE will be CLOSED

New Year's Eve (12/31/2025)
and
New Year's Day (01/01/2026)

Intergroup Abbreviated Profit and Loss Statement

	Nov 2025	Oct 2025
Contributions/Donations	$2,035.60	$3,401.02
AA and Non-AA Literature & Goods	$2,649.13	$4,064.96
Special Events/Other Income	$2.57	$4.04
Total Income	**$4,687.30**	**$7,470.02**
Cost of AA and Non-AA Literature & Goods	$1,657.10	$1,733.21
Administration, Office, Bldg & Communication	$3,298.36	$5,653.46
Total Expenses	**$4,955.46**	**$7,386.67**
Profit / Loss	**-$ 268.16**	**$ 83.53**

Questions? Your IGR has more details.

November Group Donations $2,035.60:

Young at Heart $100.00;
Sand and Sea $48.00;
YOLO $50.00;
Open to Change $114.30;
Sunrise (Holly Hill) $25.00;
Back to Basics (Deland) $27.00;
Wednesday Women $30.00;
Steps for Life $100.00;
Saturday Women's AA $200.00;
Deltona/DeBary Group $50.00;
Weekly Reprieve Group $100.00;
Miracles Do Happen $110.00;
Anonymous $1019.30;
In Memory of Carolyn C. $20.00;
IGR Meeting $22.00;
Steering Committee $20.00

Intergroup Committees and Coordinators updates

Office Coordinator: 68 Phone Calls; 132 Visits.

High 'n Dry Editor: If interested in submitting article or January anniversaries please email no later than
January 15th to ***editor@aadaytona.org*.**

Archives Report: Friend and archivist Carolyn C. passed away and will be missed. Archives would welcome your sharing your remembrances of the Carolyn.

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FORMAT UPDATE	NEW TIME	NEW MEETING
SOBRIETY FIRST	Starting January 7, 2026	ON LIFE'S TERMS
Sundays 7:00 pm	DELAND BIG BOOK GROUP	Fridays 8:30 pm
Format: **Daily Reflections**	Wednesdays 8:00 pm	Literature / Young People's
	Format: Big Book	Alcoholics and God
Emmaus Lutheran Church	St. Barnabas Episcopal Church	1060 E. Industrial Dr - Suite P
2500S. Volusia Ave	(Canterbury Hall-the "Big Room")	(across street from post office)
Orange City, 32763	319 W. Wisconsin Ave.	Orange City, 32763
32119	DeLand, 32720	

Step One- Consequences, Powerlessness and Unmanageability Transformed by Responsibility and Acceptance into a Gift

There are a lot of things alcoholics can do to fully work Step One. Most of the work is designed to unearth your complete history of use and abuse.

- Consequences List: The easiest way to break through the fog of alcoholism is to create a list of consequences related to my drinking.
- Powerlessness List: Go for as many examples of your powerlessness over alcohol as possible. Be as fearlessly honest as you can, starting with early examples and ending with the most recent. (A note on "Powerlessness" this is used to exemplify the cravings in an alcoholic that are so intense that the ability to resist is almost impossible. Once an alcoholic takes a drink, a chemical reaction occurs within that body, setting off an intense craving for more.)
- Unmanageability List: Write out the ways in which your alcoholism has created chaos and destruction in your life.

For each and every one of the millions of success stories in AA you will hear repeatedly about **responsibility**. It is our ***responsibility*** to stay involved in sobriety and follow our sponsor's suggestions. It is our **responsibility** to actively cultivate and grow willingness. It's important to grasp that you are not "powerless" completely: you do have the power to engage in a program of recovery, the power to choose not to abuse substances….but you are powerless over drugs and alcohol if you put them in your body.

Acceptance comes when we feel a profound sense of hope and peace in coming to terms with our alcoholism and recovery. We don't dread a future of meeting attendance, sponsor contact and step work; instead we begin to see recovery is a precious gift.

Step I: We admitted we were powerless over alcohol – that our lives had become unmanageable.

Tradition I: Our common welfare should come first; personal recovery depends upon AA unity.

Concept I: Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

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

Are you interested in bringing meetings to
Volusia County Jails?
You will need to attend one
ORIENTATION SESSION
from 9:00-10:30 am
Saturday Jan 10, Jan 17, or Jan 24
(Only need to attend ONE)

Like last year, they want you to RSVP what day you will attend. Irene V. will be generating that list and getting it to the jail. Please consider signing up for orientation even if your current situation does not allow you to go in now, you may be able to in the summer and you'll be on the list.
Call Intergroup at **386-756-2930** or **email** Intergroup (***admin@aadaytona.org***) to get on the list. Thank you for your service.

Both men and women needed.

OVERHEARD at AA MEETINGS

- **If AA is not inconvenient, there is more that I can do.**
- **The 10th Step is NOT a maintenance step; it is intended to allow me to GROW.**
- **Thankfully Chapter 6** (of the BB Alcoholics Anonymous) **is NOT called "Into Talking" or Into Thinking," it's called "Into Action!"**
- **Don't tell me you're grateful, show me you're grateful.**