High 'N Dry

VOLUSIA COUNTY INTERGROUP SERVICES

Districts 8, 19, 20, 21 & 32

May 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.*

Disclosure – Step 5

Steps 1 through 4 are about surrender, acceptance, and discovery. Step 5 is about disclosure.

Step five, for me, was the gateway to how I was going to live the rest of my life. After two attempts at step four, I was faced with the decision as to whether my future was going to be honest and meaningful, or just a meaningless facade. Fortunately, for me, I took a leap of faith and disclosed all those so called "tormenting ghosts of yesterday" (12×12 pg. 55) and looking back on it now, I realize that, that decision was the hinge pin, for my thoroughness, with the rest of the steps. Had I not cleaned the slate at that time I just don't see how I could have followed the spirit of truth and honesty, with myself and others that would result in the peace of mind that I enjoy today.

My inventory had to deal, mainly, with bad habits which had to be changed by the process suggested in steps six and seven. That was the easy part of step five. However, those tormenting ghosts of yesterday were another story. These were not habits, but deeds that I had done as an adolescent kid that seemed unforgivable. No one should ever know, I would take them to the grave with me. Mustering the strength to take that risk may have been the most important step forward I've ever made. My brain had been lying to me, after all; how bad could a thirteen year old kid be? That one decision is what I credit with giving me my life back and if I hadn't done it, I don't see how I could have given a good effort to the rest of the steps from behind that facade that I used to call life.

I often hear members of the program that seem to resist looking deeper into their regrets and seem to build a wall of reasons why they don't need to, and I wonder if they might be caught in the same dilemma that I was in when I took my fifth step. I wish I could reassure them that it's not worth the mental torment that it puts us through and that it may be a good idea to revisit that step and clean the slate. We can't live alone with them; we have to talk to someone about them. (Even A.A. oldtimers, sober for years, often pay dearly for skimping this step. 12×12 pg. 56) If, you are that person, I encourage you to try to get the strength to take that risk, and clean the slate; after all, we only live once. Let's not waste the opportunity to live a happy and peaceful life.

By Rick R.

Highlights in this issue

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Archives Story: **HOOPLA**

With a Volusia County Library card and a PIN, you can access "Hoopla" app. Of relevance to us one can access eBooks or audiobooks. Limit of five books checkout and five for reservation at a time. Limit 20 checkouts per month. Checkout period is 21 days. One can renew if the item is not reserved for another patron. One can also access Music, Movies, Television, and comics.

I have found the following AA books and AA related books. [Note: "authorship" is as described in Hoopla.]:

- *Alcoholics Anonymous* by Alcoholics Anonymous
- *Alcoholics Anonymous Comes of Age: a brief History of A.A.* by Alcoholics Anonymous
- *Living Sober* by Anonymous
- *Daily Reflections* by Alcoholics Anonymous
- *The Best of Bill: Reflections on Faith, Fear, Honesty, Humility and Love* by Bill W.
- *Bill W: A Biography of Alcoholics Anonymous cofounder Bill Wilson* by Francis Hartigan
- *Language of the Heart; Bill W. Grapevine Writings* by Bill W.
- *Experience, Strength and Hope: Stories from the first three editions of Alcoholics Anonymous*
- *The Story of AA: How the fellowship Began from the pages of AA Grapevine* by AA Grapevine Inc.
- *Emotional Sobriety* by AA Grapevine Inc.
- *Our Twelve Traditions: AA members share their own stories of experience* by AA Grapevine Inc.
- *Prayer & Meditation: AA members share the many ways they connect spiritually;* AA Grapevine Inc.
- *Spiritual Awakenings: Journeys of the Spirit from the pages of AA Grapevine* by AA Grapevine Inc.
- *Partners on the Journey: Sponsorship Stories from the pages of AA Grapevine* by AA Grapevine Inc.
- *Attitude Adjustment: AA Grapevine Stories About Change* by AA Grapevine Inc.
- *Twenty-Four Hours a Day* by Anonymous [Note an eBook version by Richard Walker]
- *God Calling* by A. J. Russell [used as resource for the *Twenty-Four Hours a Day* book]
- *A New Pair of Glasses* by Chuck C.
- *Drop the Rock: Removing Character Defects* by Bill P., Todd W., and Sara S.
- *John Barleycorn* by Jack London
- *The Varieties of Religious Experience* by William James
- *As Bill Sees It: The A.A. Way of Life (Selected writings of A's co-founder* (only available in eBook)
- *Came to Believe* by Anonymous (only available in eBook)

Hope you enjoy this resource to enhance your reading of AA and related literature.
-Volusia County Intergroup Archivist *Jim B.*

Six years of Freedom
Six years of waking up to the morning light.
Six years of battling the darkness that sometimes comes with the night.
The bottle made me numb when I felt so lost and broke.
However it allowed me to make it through the tears and fear that once made me choke.
Six years of days that now I can remember.
365 of them exactly from January through December.
Running from the feelings that had once lined my past.
Finally to a road of freedom, that I landed on at last.
Laying down the bricks that became my new home.
I sit in it quietly at times but know that I am never alone.
God was with me always holding my hand.
Leading me in his direction, which was always his plan.
Now here today, I sit, my battle has been fought.
The lessons that I had learned from it were not given but were taught.
For in this day with a certainty, I know the battle will never be finished.
But I do know, however, the chains that once held me are forever diminished.
-by Rebecca

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 each month- 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.

MEETING NEWS

NEEDS SUPPORT	NEW LOCATION	NEEDS SUPPORT
DeLand Big Book **Wednesdays at 8:00 pm**	**Set Aside** **Tuesdays at 7:00 pm**	**Back to Basics** **Thursdays at 7:00 pm**
St. Barnabas Church 319 W. Wisconsin Ave DeLand, 32720	Kingdom Family Church 700 South Ridgewood Ave Daytona Beach, 32114	Church of the Holy Presence 355 N. Kepler Rd DeLand, 2724

Meeting Guide

Meeting Guide is a free app supported by Seventh Tradition contributions

The app helps people quickly find A.A. meetings and resources using information provided by A.A. service entities. Available on both iOS and Android.

MAY ANNIVERSARIES

NAME	YEARS	DATE
2'sday Nite Sobriety		
Dotty	37	5/10/1989
5:30 Group		
Kristen N	14	5/20/2012
Chris S	13	5/18/2013
Kim E	9	5/23/2017
Alcoholics and God		
John T	*18*	5/15/2008
Mike J	*9*	5/1/2017
Sam D	*6*	5/11/2020
Michele M	6	5/15/2020
Brittany J	4	5/21/2022
Dylan G	2	5/4/2024
Aloha		
John F	2	5/26/2024
Any Length Group Deltona		
Owen R	38	5/24/1988
Beachside NSB		
Syd S	39	5/15/1987
Central Facts		
Stephanie M	31	5/21/1995
Joey M	12	5/31/2014
Ashley F	11	5/6/2015
Karen S	7	5/19/2019
Choice Is Yours		
Michelle	24	5/25/2002
Helen D	23	5/16/2003
Erin	13	5/21/2013
Gary V	8	5/6/2018
Sue T	5	5/17/2021
Ken M	5	5/6/2021
Steve	5	5/28/2021
Deltona Men's Group		
John F	38	5/13/1988
Huner H	13	5/28/2013
Frank O	3	5/9/2023
Donut Group		
Sal N	32	5/29/1994
Joe L	7	5/16/2019
Rick L	5	5/12/2021
Antoine G	5	5/31/2021
Happy Belated Anniversary		
Frankie D	1	4/29/2025
Four Townes		
Ginnie	51	5/7/1975
John S	44	5/31/1982
Dennis W	37	5/30/1989
Ray R	4	5/7/2022
Pete	3	5/7/2023

NAME	YEARS	DATE
Early Ducks		
Chris W	46	5/1/1980
Cindy D	34	5/4/1992
Sandra M	33	5/29/1993
Mark W	30	5/27/1996
Mike F	4	5/8/2022
Karen L	3	5/15/2023
Josh C	3	5/30/2023
Emily H	2	5/10/2024
Omar B	1	5/22/2025
Friday Noon Men's		
Bob S	41	5/6/1985
Dave S	11	5/10/2015
Happy Belated Anniversary		
Dixon G	43	4/19/1983
James P	32	4/10/1994
Wayne B	28	4/28/1998
Had Enough		
Peggy S	36	5/31/1990
Michi	30	5/16/1996
CC	5	5/30/2021
Happy Hour Daytona		
Lois D	14	5/12/2012
David	11	5/10/2015
CC	5	5/30/2021
Antoine G	5	5/31/2021
Eddie O	3	5/5/2023
Hour of Power		
Jerry K	45	5/13/1981
Eric M	24	5/24/2002
Mary T	17	5/19/2009
Jeff R	12	5/26/2014
Allen H	1	5/7/2025
Barb L	1	5/14/2025
Sam F	1	5/20/2025
Karen V	1	5/25/2025
Deb S	1	5/26/2025
Kelly G	1	5/29/2025
Insane Today		
Bruce C	26	5/1/2000
Kaity M	4	5/13/2022
Bridget H	4	5/20/2022
Marni V	1	5/6/2025
It's 5 O'Clock Somewhere		
Erin R	6	5/5/2020
Sue B	2	5/17/2024
Justin S	1	5/27/2025
Lest We Forget		
Juan O	22	5/25/2004

Representing **828,848 DAYS** of continuous sobriety, **ONE DAY AT A TIME**.

MAY ANNIVERSARIES

NAME	YEARS	DATE
Lifesavers		
Jerry K	45	5/13/1981
Richard H	9	5/29/2017
Message In A Bottle		
Karen G	10	5/1/2016
New Dawn Group		
Terry W	42	5/17/1984
Barbara H	36	5/4/1990
Chuck M	15	5/7/2011
Marney M	1	5/28/2025
Happy Belated Anniversary		
Frankie D	1	4/29/2025
New Heights		
Dakota W	1	5/25/2025
New Smyrna Beach Group		
Mark T	2	5/5/2024
Nikki T	2	5/5/2024
Noon Group DeLand		
Fred R	41	5/24/1985
Jason A	2	5/21/2024
Open to Change		
Crystal W	4	5/21/2022
Jason G	4	5/21/2022
Pass It On		
Joe R	38	5/3/1988
Carol D	35	5/12/1991
Ben T	21	5/10/2005
Jennifer	1	5/15/2025
Marissa	1	5/25/2025
Riverbridge Group		
Tara H	35	5/13/1991
Kathy M	22	5/8/2004
Glen R	18	5/24/2008
John P	11	5/5/2015
Happy Belated Anniversary		
Blake P	4	4/28/2022
Road To Recovery - Osteen		
Kathy M	37	5/19/1989
Hunter	13	5/28/2013
Sand and Sea		
Terry P	29	5/27/1997
Christine S	3	5/9/2023
Charlie H	3	5/15/2023
Karen L	3	5/15/2023
Trisha W	3	5/18/2023
Courtney J	2	5/20/2024
Tyler F	2	5/27/2024
Melissa C	1	5/23/2025
Saturday Women's AA		
Tish K	5	5/25/2021

NAME	YEARS	DATE
Sister's in Sobriety OB		
Karen L	3	5/15/2023
Steps For Life		
Tanya R	35	5/25/1991
Steps in Slow Motion		
Carol D	35	5/12/1991
Billie B	34	5/2/1992
Step Up Group		
Stephanie P	22	5/2/2004
Sunrise Group (Deland)		
Gus B	7	5/28/2019
Bill M	6	5/29/2020
David H	3	5/18/2023
Kimber V	1	5/15/2025
Gabrielle J	1	5/22/2025
Sunrise Group (Holly Hill)		
Tanya R	35	5/25/1991
Brittani P	6	5/6/2020
Bob P	3	5/24/2023
Dave R	1	5/24/2025
Thursday Night Men's		
Jimmy F	25	5/1/2001
Tomoka Group Beachside		
Michi L	30	5/16/1996
Way of Life		
Maxine R	34	5/25/1992
Bonnie D	23	5/4/2003
Justin W	3	5/8/2023
Luis S	3	5/1/2023
Caleb P	3	5/20/2023
Robert T	3	5/1/2023
William G	2	5/3/2024
We Are Alive		
Barbara H	36	5/4/1990
Larry G	3	5/20/2023
Wednesday Women's		
Judith F	42	5/20/1984
Amy M	30	5/30/1996
Marsha R	5	5/25/2021
Sandra B	3	5/25/2023
Wednesday Women's Book Study		
Syd S	39	5/15/1987
Jule E	33	5/4/1993
Jeaneen W	19	5/26/2007
YOLO		
Pat D	45	5/7/1981
Bill R	31	5/25/1995
John P	7	5/20/2019
Anita H	1	5/1/2025
Young at Heart		
Rachel C	1	5/10/2025

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
Profit and Loss Statement

INCOME		Mar '26	Feb '26
	Contributions/Donations	$674.98	$2.781.10
	Special Events	$120.00	$0.00
	Misc. Income	$6.33	$2.40
	AA Goods Sales	$2.067.81	$1,142.11
	Non-AA Goods Sales	$2,077.34	$1,463.20
	TOTAL INCOME	**$4,946.46**	**$5,388.81**

EXPENSES		Mar '26	Feb '26
	Cost of AA Goods	$1,400.00	$823.50
	Cost of Non-AA Goods	$1,385.13	$496.22
	Administration	$1,494.37	$1,638.03
	Building	$1,461.19	$1,570.95
	Communication	$482.84	$243.40
	Office	$204.37	$308.46
	Special Events	$0.00	$0.00
	TOTAL EXPENSES	**$6,427.90**	**$5,080.56**
PROFIT / (LOSS)		**($1,481.44)**	**$308.25**

Groups Represented April IGR Meeting

Any Lengths; Early Ducks; Message in a Bottle; Open to Change; Ormond Beach Group; Sisters in Sobriety; Choice is Yours; New Dawn; Steps for Life; Way of Life; Wednesday's Women; DeLand Big Book; Saturday Women's AA; Deltona Men's Group; Saturday Beginners Meeting; New Heights; Big Book Holly Hill; Lest We Forget; Sunrise (Holly Hill); High Noon; Seaside

March Group Donations $674.98:

YOLO: $79.95; We Are Alive: $40.00; Back to Basics (Deland): $15.50; Deltona/DeBary: $50.00; Sand & Sea: $49.00; Saturday Women's AA: $120.00; Had Enough Women's Group: $72.00; IGR Meeting: $46.00; Steering Committee: $17.00; Anniversary Donation: $149.16; Anonymous Donations: $32.77; Copier Contributions: $3.60

Intergroup Committees and Coordinators updates

Office Coordinator: 65 Phone Calls; 163Visits.

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

Archives Report: Cont6inued to do inventory.

Twelve Step Coordinator: 35 calls, many during Bike Week. Anyone interested in taking calls for the Phone Army, contact the Intergroup office.

Corrections & Treatment: Looking for support on the committee, (Tracking meeting schedules, Treasurer.) show up 1st Thursday 6:30 above Intergroup office. Lots of meetings getting into Women's jails (Thanks D-19). Big Books available to take into facilities, contact Intergroup.

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

Step V: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition V: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Concept V: Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

PERSONAL INVENTORY ON TRADITION 5

(The foundation of this inventory is from the A.A. Tradition's Checklist first published in the ***A.A. Grapevine***)

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

The 5th 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 FIVE include:

- Once we have taken this step, withholding nothing, we are delighted. (p. 75)
- We can look the world in the eye. (p. 75)
- We can be alone at perfect peace and ease. (p. 75)
- Our fears fall from us. (p. 75)
- We begin to feel the nearness of our Creator. (p. 75)
- We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. (p. 75)
- The feeling that the drink problem has disappeared will often come strongly. (p. 75)
- We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe. (p. 75)
- Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last. (p. 75)

AA SLOGANS

One day at a time.
Keep it simple.
Easy does it.
Live and let live.
It's easier to stay sober than to get sober.
Let go and let God.
Surrender to win.
There are no coincidences in A.A.
To thine own self be true.
We have to give it away to keep it.
Turn my lessons into blessin's

INTERGROUP
NEEDS OFFICE VOLUNTEERS

Fridays 1:00 pm – 5:00 pm
3rd Saturdays 9:00 am – 1:00 pm

Looking for a new **High 'N Dry** Editor
(starting this summer)

Contact INTERGROUP OFFICE
at 386-756-2930

POST-CONFERENCE AGENDA WORKSHOP

Get Informed • Get Connected • Get Prepared

May 17, 2026

1:00 – 3:30 PM

Almous Club

569 Foot Ct, Daytona Beach, FL 32114

PIZZA & DRINKS PROVIDED!

Join us for a focused, engaging post-conference workshop designed to review key takeaways, plan next steps, and connect—while enjoying pizza, drinks, and great conversation!

DISTRICT 8

Spring Dance Celebration

ALMOUS CLUB

May 23rd at 7:30 PM

DJ Kevin

Drinks & Snacks Available

May 9 @ 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

EXPERIENCE A NEW FREEDOM

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- Indoor Water Volleyball
- World-Class Golf
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- Dance Parties

$159 Room Rates

$40 Early Registration

91ST FOUNDERS DINNER & DANCE

When: **Saturday, June 6th**
Doors open at 4:30!
Dinner 5:30-6:30 pm

TICKETS $20 AVAILABLE AT INTERGROUP OR ASK YOUR IGR!

Where: La Costa Village South
1275 La Costa Village Blvd.
Port Orange, FL 32129

Live Music- DJ & Band,
Speaker, Dinner, and 50/50 raffle...
Bring a dessert to share!

Dr. Bob

Bill W.