High 'N Dry

VOLUSIA COUNTY INTERGROUP SERVICES

Districts 8, 19, 20, 21 & 32

July 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.*

FREEDOM

For this alcoholic; peace of mind has been my goal from the very beginning. My mind is full of negative thoughts and I am not sure which of these ideas are valid with respect to my goals as I navigate the road to recovery. As I look back on my thinking patterns of the past, I realize that there weren't too many of those thoughts that weren't influenced by some thought of material gain. That, in itself, isn't necessarily wrong or bad when it comes to the normal thinking person, but when it comes to the alcoholic, without the same disciplines of the normal person, it becomes the yoke around our necks that drags us down into that pit that we are all too familiar with.

Freedom from shame was what I became aware of, and as I start to look at my other negative thoughts, I realize that most of them have been reduced to the point of irrelevance. That does not mean that I don't have lingering regrets for things that happened prior to my getting sober, it only means that by practicing these principles in all my affairs, I don't make as many mistakes, and I never do anything to intentionally hurt anyone. I can't change one single thing that happened in the past, but I can learn from my past and I can certainly do better in the present.

One of the most important ingredients for me is being totally honest about my motives for the things I do on any given day. If they are pure and unselfish, I will have a clear conscience. Living by principles takes most of the decision making out of my hands. That, I think, is what they meant when they wrote Step two. We depend on help from outside of ourselves.

By getting in the habit of doing it that way for such a long period of time, the rat race between my ears slowly diminished and somewhere along the way, my head has cleared up and most of the conflict has subsided. What a blessing it is to fall asleep each night without all of the endless garbled calculations repeating themselves over and over in my mind until I fell asleep from pure mental exhaustion. You can't put a price on peace of mind, and in my own words I would define it as "***freedom*** *from all unresolved mental issues*."

After years of trial and error, I seem to have settled into a pattern of thinking, based on principles that I've come to embrace, that have taken most of the guess work out of the choices that I make. I know that I'm doing the best I can, based on what I've learned in Alcoholics Anonymous. I'm at peace with myself and with others, for the most part, and what more could a person ask for. The cauldron is no longer bubbling between my ears. Now, to me; that is **freedom.**

-Adapted from Rick R. (Cleveland, OH)

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Archives Article: Seventh Tradition –by Jim B Volusia County Intergroup Archivist

As July 2026 approaches, I felt it is appropriate time of year to think about the Seventh Tradition with the perspective of an archivist – "Every A.A. group ought to be fully self-supporting declining outside contributions." This is updated from 2019 and 2022 July H&D archives stories. Since 2022, inflation has increased by 11.7%. A few reflections on references to money in our literature adjusted for inflation using ***https://www.usinflationcalculator.com/***

The book "Alcoholics Anonymous" cost $3.50 in 1939 which in 2026 dollars would be $82.28. This puts some phrases in the book "Alcoholics Anonymous" in a new light: on page 94, "If he shows interest, lend him your copy of this book." Not sure I would lend a new alcoholic an $82 book. However, GSO [in late 1939] wrote to Horace S. in Daytona to contact a person in Jacksonville (This was before meetings in Jacksonville or Daytona). Horace responded to GSO about not wanting to send this contact his big book. I can relate. I do cherish my first book of Alcoholics Anonymous and it didn't cost me $82. Later, Horace S. wrote GSO stating he did send his big book and there is no record if he ever got it back. Horace returned to Connecticut and there is record of Horace S. on a group list in Connecticut.

Early A.A. letters ask for "SEP" (Saturday Evening Post articles by Jack Alexander) and pamphlets/booklets. One was a pamphlet printed late 1938 or early 1939 "Alcoholics Anonymous "A Proposal of the One Hundred Men Corporation" which included a subscription form for becoming a charter subscriber at the cost or a $25 par value share in the corporation. Twenty-five dollars in 1939 is worth $587.74 in 2026 dollars. On page 156 and 157 of "ALCOHOLICS ANONYMOUS Comes of Age: A Brief History of A.A." tells of the Henry P. writing a "prospectus" to form a company with stock of par value $25. The company was called "Works Publishing, Inc."

In Bill's story (page 3) "The exercise of an option brought in more money, leaving us with a profit of several thousand dollars for that year". This was 1925. Each thousand dollars in 1925 is about $18,673. So, if "several thousand dollars" is $2,000, then this correlates to $37,347 dollars in 2026. Sounds like a better net profit than when I first read the big book of "several thousand dollars."

"Twelve Steps and Twelve Traditions" book on page 162: "after the Jack Alexander article in the Saturday Evening Post broke in 1941" how could they respond to all requests. "So, we asked the A.A. groups to send voluntary contributions. Would they send us a dollar a member each year? Using 1941 as article date, this correlates to $22.23 per member per group per year in 2026 dollars. Is your group averaging that to GSO? Bill W. was "mighty sore" that the response was slow from the groups. Then Bill gives five dollars to a prize slippee with an "awful hangover" and Bill felt pity. Again assuming 1941, the five dollars would be $111.15 in 2026 dollars. Ever give prize slippee over hundred dollars for a hangover cure? Bill felt "virtuous" after giving the five dollars but now (page 163 of "Twelve Steps and Twelve Traditions") the treasurer of the clubhouse said, "landlord would put us out if we didn't pay up... go heavier on the hat." Bill's fifty-cent piece felt heavy so fished out a dime. In 1941, that dime would be $2.22 in 2026. Give what you can, but if you can then give more than Bill W.'s dime ($2.22). Does Bill's fifty-cent piece feel heavy to you too? (five times $2.22 = $11.10).

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

NEEDS OFFICE VOLUNTEERS
Mondays 1:00pm – 5:00 pm
(Monday vacancy is temporary)
Every 3rd Saturday 9:00am–1:00pm
"Floaters" to fill in as needed.
Contact INTERGROUP OFFICE
at 386-756-2930

Volusia County Intergroup Office
will be **CLOSED**
Saturday July 4th

MONTHLY DISTRICT MEETINGS

District 8: Last Monday – 7:15pm Almous Club 569 Foote Court, Daytona Beach	**District 19**: 4th Monday – 6:30pm Emmaus Lutheran Church 2500 S. Volusia Avenue, 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**

We Are Not a Glum Lot!

Celebrating 91 Years of Recovery, Fellowship, and Fun

What a wonderful evening we shared at the **91st Founders Day Dinner and Dance** on June 6! The celebration was a perfect tribute to Bill W. and Dr. Bob, reminding us all that sobriety is not only possible—it is joyful.

The evening brought together a beautiful cross-section of our recovery community. Newly sober members, old-timers, children, families, and friends gathered to celebrate the gift of recovery and the life-changing program of Alcoholics Anonymous. Seeing so many people enjoying fellowship, laughter, music, and dancing was a powerful reminder that AA works right here in Volusia County.

Events like this don't happen by accident. They are made possible through the dedication and service of countless volunteers and trusted servants. We extend our deepest gratitude to everyone who contributed their time, energy, and talents to make the evening a success.

A special thank-you goes to the Intergroup staff and volunteers, whose commitment extends far beyond office hours. Their daily efforts help coordinate the 105 registered AA groups throughout Volusia County, provide literature and meeting schedules, maintain the hotline during nights and weekends, coordinate volunteers, and most importantly, connect newcomers and family members with hope and recovery. Their service is truly the backbone of our local AA community, and we are fortunate to have such a dedicated Intergroup office serving us all.

We would also like to recognize the 22-member Founders Day Committee, which spent months planning and organizing every detail of the event. From recruiting talented cooks and coordinating shopping, serving, and registering, to arranging golf cart shuttles and managing logistics, their teamwork was inspiring.

And what about those decorations? The room looked absolutely beautiful! Thanks to the many volunteers who transformed the venue into a warm and welcoming space for celebration and fellowship. We are also grateful to those who helped prepare and arrange the facility, ensuring everything ran smoothly throughout the evening.

The entertainment was another highlight of the night. DJ Jonathan and the band Avalon generously donated their time and talents, providing an incredible soundtrack for our sober celebration. The dance floor came alive early, with people dancing even before the official program began. If anyone still wonders whether people in recovery can have fun, they clearly weren't there!

Like all service efforts, the event wasn't perfect—but perfection isn't our goal. We strive to do our best, learn from our experiences, and continue improving. That's part of the AA way. Each event teaches us something new, and each year gives us another opportunity to grow in service and fellowship.

As we reflect on the spirit of Founders Day, let's remember Dr. Bob's timeless words about why we help others and perform service:

1. A sense of duty.
2. Because it is a pleasure.
3. Because in doing so, we repay the debt owed to those who took the time to pass it on to us.
4. Because every time we do it, we take out a little more insurance against a possible slip.

Thank you to everyone who attended, volunteered, supported Intergroup, and helped make this year's Founders Day celebration such a memorable success. Your participation strengthens our fellowship and helps ensure that the hand of AA is always there for the next person seeking recovery.

Do you have ideas for future events? We'd love to hear from you! Send your suggestions to admin@aadaytona.org. Better yet, consider joining the **Special Events Committee** and help create the next great celebration for our recovery community.

Yours in Service, Joan O.

JULY ANNIVERSARIES

NAME	YR	DATE
Alcoholics and God		
Gloria B.C.	29	7/27/1997
Kathy T	22	7/8/2004
Craig U	15	7/23/2011
Ian D	6	7/22/2020
Jessica M	6	7/26/2020
Steve K	5	7/20/2021
Danielle E	4	7/28/2022
Allison P	4	7/25/2022
Heather F	3	7/30/2023
James F	2	7/31/2024
Jack C	2	7/15/2024
Beth N	1	7/3/2025
Back to Basics		
Jennelle R	44	7/12/1982
Central Fact		
Tina P	37	7/5/1989
Cheyenne E	23	7/21/2003
Happy Belated Anniversary		
Josh	1	6/14/2025
Deland Big Book		
Jessica M	6	7/26/2020
Deltona Men's Group		
George C	39	7/1/1987
Tom S	11	7/17/2015
Scott C	2	7/20/2024
Donut Group		
Laurie M	15	7/13/2011
Cassie G	13	7/6/2013
Dennis I	13	7/28/2013
Derek H	5	7/25/2021
AJ	1	7/21/2025
Early Ducks		
James D	36	7/1/1990
Mary B	24	7/1/2002
Cheryl C	4	7/31/2022
Happy Hour		
Daniel C	5	7/17/2021

NAME	YR	DATE
Four Townes		
Linda D	45	7/13/1981
Dan W	32	7/5/1994
Dottie G	29	7/7/1997
Lorraine	21	7/20/2005
Jessi C	4	7/3/2022
Colleen U	1	7/12/2025
Had Enough		
Marty O	33	7/19/1993
Carol S	11	7/10/2015
Jodie S	3	7/13/2023
Sheila C	2	7/30/2024
Happy Belated Anniversary		
Amanda B	11	6/25/2015
High Noon		
Andrea B	41	7/23/1985
DJ	4	7/11/2022
Hour of Power		
Happy Belated Anniversary		
Shannon A	43	6/2/1983
Brian H	34	6/14/1992
Richard C	18	6/16/2008
Ron W	16	6/17/2010
Marianne D	5	6/17/2021
Eddie W	2	6/20/2024
Lauretta L	1	6/23/2025
Insane Today		
Lance W	3	7/18/2023
Lest We Forget		
Shelly M	19	7/21/2007
Julian L	18	7/26/2008
Jason D	14	7/24/2012
Chet H	9	7/10/2017
Pam B	8	7/21/2018
Lifesavers		
Andrea B	41	7/23/1985
Wade L	14	7/4/2012
Joanna R	2	7/7/2024
New Heights		
Joe V	2	7/25/2024
Dakota B	1	7/20/2025
Eazy	1	7/20/2025

Representing **665,120** continuous days of
FREEDOM from ALCOHOL

JULY ANNIVERSARIES

NAME	YR	DATE
New Dawn Group		
Karen J	43	7/12/1983
Bettina	37	7/6/1989
Rob Z	30	7/31/1996
Chris B	8	7/8/2018
New Smyrna Beach Group		
Heath J	25	7/17/2001
Debbie W	14	7/4/2012
Lori M	1	7/13/2025
Pass It On		
Lulu	39	7/20/1987
Jean A	17	7/24/2009
Sami M	6	7/7/2020
Brandon M	2	7/18/2024
William C	2	7/12/2024
Ray R	1	7/20/2025
Riverbridge Group		
Dennis B	41	7/29/1985
Deana B	16	7/21/2010
Road to Recovery - Osteen		
Mona F	21	7/11/2005
Ana J	20	7/15/2006
JD	12	7/12/2014
Saturday Beginner's Meeting		
Allison P	4	7/25/2022
Edwin R	2	7/1/2024
Saturday Women's		
Gloria B.	29	7/27/1997
Janet T	27	7/18/1999
Terry M	21	7/24/2005
Heather F	3	7/30/2023
Kris G	2	7/18/2024
Sisters in Sobriety-Ormond Beach		
Leslie B	31	7/12/1995
Mary B	24	7/1/2002
Christina	1	7/20/2025
Steps For Life		
Sharon H	34	7/8/1992
Kathy M	14	7/16/2012
Denise M	13	7/17/2013
Sandy M	4	7/29/2022

NAME	YR	DATE
Sunrise Group-Deland		
George C	39	7/17/1987
Liz E	36	7/4/1990
Brad N	11	7/15/2015
Mike R	4	7/6/2022
Kevin L	1	7/2/2025
Kyle L	1	7/7/2025
Sunrise Group-Holly Hill		
Jim N	34	7/2/1992
Bob M	32	7/24/1994
Kathleen P	2	7/19/2024
Way of Life		
Andrew B	7	7/23/2019
Mike H	3	7/4/2023
Billy M	3	7/4/2023
Perry L	3	7/11/2023
Jim R	3	7/28/2023
Rob M	2	7/9/2024
Mykey O	2	7/25/2024
Cale	1	7/11/2025
We Are Alive		
Andrea B	41	7/23/1985
John L	26	7/19/2000
Heath J	25	7/17/2001
Kathy R	19	7/17/2007
Samantha W	7	7/1/2019
Rick S	6	7/5/2020
Andrew O	5	7/4/2021
Noah B	5	7/17/2021
DJ	4	7/11/2022
John B	2	7/28/2024
Lori M	1	7/13/2025
Wednesday Women's		
Linda P	5	7/10/2021
Women's Big Book Study		
Jax	2	7/14/2024
Women's New Beginnings		
Kim A	32	7/19/1994
Susan S	32	7/26/1994
Denise M	13	7/7/2013
YOLO		
Melissa R	5	7/6/2021
Michelle C	1	7/25/2025

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		May '26	Apr '26
	Contributions/Donations	$2,658.42	$4,730.44
	Special Events	$2,420.00	$260.00
	Misc. Income	$6.35	$2.29
	AA Goods Sales	$1,668.36	$705.37
	Non-AA Goods Sales	$1,944.88	$1,273.32
	TOTAL INCOME	**$8,698.01**	**$6,611.42**
EXPENSES		**May '26**	**Apr '26**
	Cost of AA Goods	$1,842.05	$1,062.55
	Cost of Non-AA Goods	$1,614.16	$201.67
	Administration	$1,993.67	$2,795.37
	Building	$1,612.44	$1,480.10
	Communication	$210.69	$286.05
	Office	$253.38	$372.89
	Special Events	$278.05	$80.26
	TOTAL EXPENSES	**$7,804.44**	**$6,278.89**
PROFIT / (LOSS)		**$893.57**	**$332.53**

May Group Donations $2,658.42:

We Are Alive: $40.00; Sisters in Sobriety-OB: $16.50
Sunday Morning Sober: $110.00; YOLO: $50.00;
2's Day Night Big Book: $295.00; Sand & Sea: $44.00
Deltona Men's Group: $25.00; Four Townes: $800.00
Miracles Do Happen: $90.00; Steps for Life: $100.00;
Message in a Bottle: $100.00; Step Up: $31.00;
Back to Basics-Deland: $15.50; IGR Meeting: $37.00;
Deltona/Debary: $50.00; Holly Hill Big Book: $100.00
Women's New Beginnings: $150.00;
New Smyrna Beach Group: $350.00;
Sunrise-HH: $25.00;;Wellness Group: $50.00;
Anonymous Donations: $65.42;
How It Works: $100.00; Steering Committee: $14.00

Groups Represented at June IGR Meeting:

Message in a Bottle; It's 5 O'clock Somewhere; New Dawn; Steps for Life; Volusia Young People's; Driveway Meeting; Early Ducks; 5:30 Group; Ladies Tuesday Night; New Smyrna Beach Group; Lifesavers; Hour of Power; High Noon; Central Fact; Big Book-HH; New Heights; Good Day Group; DeLand Big Book; Saturday Night Beginners; Deltona Men's Group; Seaside Group

Intergroup Committees and Coordinators updates

Office Coordinator: 54 Phone Calls; 175 Visits.

High 'n Dry Editor: If interested in submitting article (500-600 words) or August anniversaries please email no later than July 15th to ***admin@aadaytona.org***

Archives Report: Working on inventory.

Twelve Step Coordinator: 23 calls, mainly looking for meetings. Phone army volunteers need better clarification exactly where a meeting is held i.e. room number, upstairs, back of building, etc.

Corrections & Treatment: Need support; show up 1st Thursday 6:30 p.m. above Intergroup office.

AA in the 21st Century...carrying the message over the internet to your phone

Everything AA

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The Meeting Guide App

Step VII: **Humbly asked Him to remove our shortcomings.**

Tradition VII: **Every A.A. group ought to be fully self-supporting, declining outside contributions.**

Concept VII: **The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.**

PERSONAL INVENTORY ON TRADITION 7

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

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new person who can't afford it yet? How generous was I when drunk in a barroom?
2. How do I (or my group) support our International Journals of Alcoholics Anonymous?
3. If GSO runs short of funds some year, wouldn't it be OK to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important for a group to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. Does my group have a "prudent reserve"? If yes, do I know what that amount is?
7. If a family member, work colleague or close friend who is not an AA member wants to make a financial contribution to my group, should the group accept it? What if my group is short on funds?

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 75 Treasurer
PO BOX 840066
St. Augustine, FL 32080

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

Intergroup Contributions:
Volusia County Intergroup
1635 S. Ridgewood, # 107
South Daytona, FL 32119

When sending a donation check, please be sure your group's name is noted.

MEETING NEWS

NEW MEETINGS

We Agnostics

Mondays & Saturdays 7:30 am - Open Discussion
Wednesdays 7:30 am - Big Book;
Fridays 12:00 Noon – Closed Men's Meeting
1202 Ridgewood Ave. Holly Hill, 32117

NEW MEETING

Women of Power

Sundays 2:00 PM -
Women's Discussion
266 North Yonge St
Ormond Beach, 32174

The Good Day Group

Invites you to join us for our
Summer 2026 Cookout
At The Almous Club
569 Foote Court, Daytona

July 12th, 2026 1pm to 4pm

Hamburgers, Hotdogs, side dishes & Snacks
(bring a dessert to share)

50/50 drawing, Music, Splash tank
Cornhole & Family Fun

Saturday Night Beginners – Eating Meeting

July 11 @ 6:30 pm - 7:00 pm

EVERY SECOND SATURDAY

BRING A DISH TO SHARE

1649 Providence Blvd.,
Deltona, FL 32725

The 68th Florida State Convention 2026

August 6 - August 9

Fellowship Eating Meeting

July 31 @ 7:00 pm - 8:00 pm
New Smyrna Beach Group

(Last Friday of Every Month)

7:00 PM - Food and 8:00 PM - Meeting

United Church of Christ
203 Washington St., New Smyrna Beach 32168