High 'N Dry

VOLUSIA COUNTY INTERGROUP SERVICES

Districts 8, 19, 20, 21 & 32

November 2026

Golfview Plaza - 549 Beville Road, South Daytona, FL 32119
Phone: 386-756-2930 Website: **http:/aadaytona.org**

INTERGROUP OFFICE will be **CLOSED** Nov 26 & 27 for Thanksgiving

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.*

GRATITUDE - Three Questions

Here are three questions than can make a huge difference in your recovery and in the day-to-day level of happiness you experience.

1. What's great about my life today?

We tend to live in the past or the future, either reliving past disasters or awaiting more bad things to happen. The program tells us that if we have one foot in the past and one foot in the future, we are making a you-know-what of the present. And besides, the reason we call it the present… is because it's a gift!

So what's great about your life right now?

- You're clean and sober.
- You have a program.
- You have a Higher Power who loves you and wants the best for you.
- You're getting your life back.

2. How can I serve today?

Our co-founder Dr. Bob, in his last speech to an AA gathering, reminded us that our philosophy of life as sober people is to be of love and service, "*We all know what love means, and we all know what service means*," Bob told us. My sponsor had a quote from a Roman philosopher on the back of his AA business card—"*God divided man into men that they might help each other*." (Ignore the gender-specificity of the ancient Romans. What did they know about inclusiveness?)

The real issue is this: How can you serve today? Can you set up chairs in a meeting? Can you visit a sick friend or relative? Can you call a newcomer? By serving others, we remind ourselves what true love means.

3. Where would I be if I wasn't clean and sober?

It's amazing how quickly we take recovery for granted. But ask yourself what your life would be like right now, right at this very minute, if you weren't working your program. Would you be living in a nice place? If it's not that nice, is it possible that the place where you'd be living be even worse? Might it have bars instead of walls? Might you be on the street, in the hospital, or six feet under?

All knowledge is by comparison, so contrast the life that you currently have with the life that you would have had if you had kept on dancing with your disease.

A grateful heart doesn't drink or use. So focus on gratitude and watch your life get great.

(Adapted from an article from the Cleveland District Office of AA (www.aacle.org))

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VOLUSIA COUNTY INTERGROUP NEWS

All Committees meet at the **Intergroup Office** - Golfview Plaza - **549 Beville Road, South Daytona, FL 32119**

Corrections & Treatment Committee Meetings:	Intergroup Steering Committee Meetings:	Intergroup Representative's Meetings:
6:30 pm, 1st Thursday each month	6:30 pm, 2nd Thursday each month	6:30 pm, 3rd Thursday each month

Volusia County Intergroup Profit and Loss Statement		
INCOME	**Sept '26**	**Aug '26**
Contributions/Donations	$1,828.54	$1,374.28
One Time Max Contrib.	$0.00	$7,500.00
Special Events	$0.00	$0.00
Misc. Income	$7.29	$8.37
AA Goods Sales	$2,005.98	$1,160.25
Non-AA Goods Sales	$1,456.45	$1,725.09
TOTAL INCOME	**$5,298.26**	**$11,767.99**
EXPENSES	**Sept '26**	**Aug '26**
Cost of AA Goods	$1,109.20	$982.47
Cost of Non-AA Goods	$243.50	$824.63
Administration	$2,180.52	$2,547.92
Building	$3,150.89	$1,640.73
Communication	$294.24	$287.82
Office	$291.69	$258.57
Special Events	$0.00	$0.00
Moving Expenses	$65.70	$0.00
TOTAL EXPENSES	**$7,335.74**	**$6,542.14**
PROFIT / (LOSS)	**-$2,037.48**	**$5,225.85**

September Group Donations $1,828.54:

YOLO: $30.00; Sisters in Sobriety-OB: $26.50;
Sand & Sea: $46.00; Wellness Group: $50.00
Holly Hill BB Study: $100.00; Lifesavers:$200.00
Steps for Life: $100.00; We Area Alive: $40.00
Any Lengths Deltona: $150.00
Young at Heart: $100.00; IGR Meeting: $37.00
Sunday Morning Sober: $150.00;
Anonymous Donations: $660.04;
Steering Committee: $19.00
Driveway Meeting: $115.00; Copier: $5.00

Groups Represented - October IGR Mtg:

It's 5 o'clock Somewhere; New Dawn; Steps for Life; Early Ducks, Had Enough; Big Book (Holly Hill); High Noon (NSB); Hour of Power; Lifesavers; Back to Basics; Saturday Women's AA; The Driveway; Deltona Men's Group; Free to Be Wednesday Women's; Happy Hour; Volusia Young People

Intergroup Committees and Coordinators updates

Office Coordinator: 58 Phone Calls; 121 Visits.
High 'n Dry Editor: If interested in submitting article (500-600 words) or December anniversaries please email no later than November 15th to ***editor@aadaytona.org***.
Archives Report: Worked Packed up archives and moved to new office.
Twelve Step Coordinator: 18 calls.
Corrections & Treatment: Looking for new Chairperson and Secretary and/or Treasurer.

WE'RE MOVED!

A huge thank you to everyone who made this move possible and incredibly smooth:
Rick, Larry, Steve, Dennis, Mario, Jim, Laura, Sergio, Dave, Bill the Boss, Jack, Don, Paul, Ben, Don S. & David.
To Joan, Barb, Dennis & Pamela who contributed packing supplies and helped us pack up 15 years of memories.

To our wonderful volunteers who kept the phones and store running whilst in the midst of chaos:
Nancy, Lois, Mike, Glenn, Don, Rick, Kathleen, Kathy, Elizabeth, Kelly, Amy, Jeaneen, Larry,
Leanne and the 12 Step Phone Army and our Webmaster Joe.

To all the groups in Volusia and Flagler Counties that have supported us through the years. We are honored to continue serving you. (If we left anyone out, it was unintentional, and we thank you.)
And lastly to a Power Greater Than Ourselves that makes all things possible.
Special Thanks to Debbie & Spice, our Intergroup Office Coordinators who worked tirelessly on the move.

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** **your District meeting to carry the message to & 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 75 Treasurer
PO BOX 840066
St. Augustine, FL 32080

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

District 8:
Dist 8 Committee
Post Office Box 133
Daytona Beach, FL 32115

Intergroup Contributions:
Volusia County Intergroup
549 Beville Road
South Daytona, FL 32119

-Or -

Send money with Zelle
Scan in your banking app to pay

Volusia County Intergroup Services Inc

Zelle

For group contributions,
Include **GROUP NAME**
in the memo area

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.

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

https://aa-intergroup.org/

ONLINE INTERGROUP
ALCOHOLICS ANONYMOUS

Everything AA

GET IT ON Google Play

Download on the App Store

The Meeting Guide App

NOVEMBER ANNIVERSARIES

NAME	YR	DATE
5:30 Group		
Ketih B	33	11/22/1993
Bob W	27	11/22/1999
Gina Marie M	13	11/6/2013
Steven V	12	11/13/2014
Sue K	10	11/7/2016
Poncho P	3	11/10/2023
Chris R	2	11/1/2024
Alcoholics and God		
Bruce F	*34*	11/27/1992
Mike S	*27*	11/19/1999
Todd M	*15*	11/14/2011
Dana M	*14*	11/8/2012
Paul B	*13*	11/11/2013
Duncan B	*11*	11/27/2015
Daniel T	*8*	11/28/2018
Anna M	*6*	11/15/2020
Angelo R	*2*	11/8/2024
Christine P	*1*	11/4/2025
Back to Basic Deland		
Pam G	29	11/9/1997
Josie	1	11/24/2025
Beachside - NSB		
Paul C	33	11/17/1993
Central Facts		
Chris B	31	11/27/1995
Jason K	5	11/3/2021
Kat W	4	11/6/2022
Alex C	3	11/6/2023
Choice is Yours		
Don G	47	11/15/1979
Peggy	37	11/10/1989
Dave S	31	11/26/1995
Bobby W	27	11/28/1999
Deltona Men's Group		
Kevin W	13	11/23/2013
Donut Group		
Vicki C	28	11/10/1998
Chris C	21	11/8/2005
Eliot M	16	11/25/2010
G L	4	11/28/2022
Doug L	1	11/8/2025
Driveway Meeting		
Kat	4	*11/6/2022*
Alex C	3	11/6/2023
Jade	1	11/23/2025

NAME	YR	DATE
Early Ducks		
George SG	31	11/23/1995
Robb V	15	11/1/2011
John P	15	11/2/2011
Jeff W	9	11/2/2017
Scott S	2	11/10/2024
Marco K	1	11/10/2025
Jesse	1	11/10/2025
Troy G	1	11/10/2025
Happy Belated Anniversary		
Scott S	17	9/22/2009
Four Townes		
Don D	27	11/25/1999
Nancy E	7	11/4/2019
David V	5	11/14/2021
Kristina	2	11/9/2024
Angelo R	2	11/8/2024
Kimmy R	1	11/8/2025
Friday Noon Men's Group		
Bob M	33	11/2/1993
Good Day Group		
JR	42	11/1/1984
Grateful Group		
Katy E	1	11/14/2025
Had Enough		
Jayme M	32	11/13/1994
Lori B	4	11/13/2022
Heather C	4	11/20/2022
Amanda A	2	11/16/2024
Holly Hill Big Book		
Trevor	10	10/27/2016
Damien A	9	10/10/2017
High Noon		
Ken Z	46	11/1/1980
Mick	1	11/0/2025
Hour of Power		
Maureen M	18	11/16/2008
Gary P	17	11/22/2009
Karen M	9	11/23/2017
Erica R	7	11/8/2019
Dan S	3	11/10/2023
Happy Belated Anniversary		
Joe S	37	9/12/1989
Dan G	10	9/8/2016
Adam B	1	9/12/2025

Representing **747,302 DAYS** of sobriety,
all done **ONE DAY AT A TIME!**

NOVEMBER ANNIVERSARIES

NAME	YR	DATE
Lest we Forget		
Jane C	40	11/1/1986
Trisha C	23	11/22/2003
Josh W	14	11/12/2012
Jennifer C	7	11/7/2019
Lifesavers		
Don G	47	11/16/1979
Frank C	39	11/27/1987
Anna H	5	11/28/2021
Never Had It So Good		
Bobby B	48	11/17/1978
New Dawn		
Mike S	34	11/7/1992
Janet F	28	11/28/1998
Leah R	10	11/15/2016
Laurie S	6	11/30/2020
New Heights		
MiKe C	5	11/1/2021
New Smyrna Beach Group		
Paul C	33	11/17/1993
Mark R	19	11/23/2007
Tom K	14	11/17/2012
Steve C	12	11/9/2014
Austin B	4	11/12/2022
Nancy G	3	11/17/2023
Noon Group Deland		
Don D	27	11/5/1999
Russell W	9	11/22/2017
Don L	2	11/24/2024
Sarah T	1	11/6/2025
Angela C	1	11/11/2025
Pass it On		
J/C	56	11/12/1970
Alicia B	3	11/11/2023
Christiana H	1	11/20/2025
Tammy P	1	11/1/2025
Road to Recovery (DB)		
Gary R	43	11/16/1983
Sand and Sea		
Geno M	7	11/21/2019
Russ R	6	11/15/2020
Tim S	5	11/17/2021
Stern D	4	11/1/2022
Alexis S	4	11/3/2022
Raymond S	4	11/4/2022
Tom R	3	11/1/2023
Taylor	2	11/6/2024
Melissa S	2	11/6/2024
Larry	2	11/3/2024
Chance	1	11/1/2025
Doug L	1	11/8/2025

NAME	YR	DATE
Saturday Night Beginners		
Dana M	14	11/9/2012
Billy B	2	11/7/2024
Jessica J	1	11/2/2025
Saturday Women's		
Brittany S	2	11/0/2024
Karen B	1	11/26/2025
Sister in Sobriety Ormond Beach		
Ryann	12	11/6/2014
Sobriety First		
Wade M	7	11/10/2019
Albert	5	11/30/2021
Angelo R	2	11/8/2024
Jeff K	1	11/29/2025
Steps For Life		
Becky N	13	11/29/2013
Step Up		
Tito N	2	11/18/2024
Sunrise Group Deland		
Zach G	19	11/5/2007
Teresa H	9	11/28/2017
Amy G	2	11/14/2024
Angela C	1	11/11/2025
Sunrise Group Holly Hill		
Dan D	34	11/23/1992
Lee	29	11/1/1997
Stacy	3	11/7/2023
Thursday Night Mens		
Bill H	29	11/15/1997
Gary B	21	11/7/2005
Tomoka Beachside		
Tammy P	34	11/23/1992
Way of Life		
Mark B	35	11/13/1991
Joshus W	14	11/12/2012
Cheryl Lynn	11	11/22/2015
Isaac B	3	11/9/2023
Tommy G	1	11/5/2025
Jennifer H	1	11/12/2025
We Are Alive		
Darlene B	38	11/26/1988
Dave S	31	11/26/1995
Steve V	12	11/13/2014
Maggie D	8	11/3/2018
Bruce B	7	11/26/2019
Lucas B	7	11/27/2019
Monica	2	11/23/2024
Alberto R	2	11/29/2024
YOLO		
Bobby	48	11/17/1978
Joshua W	14	11/12/2012

Archives Article:

Cleveland Plain Dealer: Alcoholics Anonymous Makes its Stand Here: October 23, 1939

By Elrick B. Davis This is the second in a series of articles

In brackets [ ] are archivist's comments. Hope you enjoy reading second of a series of articles (with minor edits) about early AA history from point of view of a reporter from the Cleveland Plain Dealer. ***-Jim B. Archivist***

Every cured member of the Cleveland Fellowship of the society [Alcoholics Anonymous], like those in other chapters, Akron, New York and elsewhere has submitted to a Power Greater than himself. He has admitted his conviction that science cannot cure him, that he cannot control his pathological craving for alcohol himself, and that he cannot be cured by the prayers, threats, or pleas of his family, employers or friends. He had to submit himself to a spiritual house cleaning. The ex-drunk has adopted what the society call "a spiritual way of life." How does yielding to God that saves a member from his fatal disease differ from the New Light revival of a century ago, or the Christian Science or Oxford group? Every member of AA may define God to suit himself. God to him bay be the Christian God of [insert variations], or the Great Manitou of the American Indian or the Implicit Good assume in the logical morality of Confucius or Alah or Buddha or Jehovah of the Jews or no more than the Kindly Spirit in the "atheism" of Col. Robert Ingersoll. Some come to the fellowship believing in God of a specific religion and some say with honesty in their heart: "Supreme Something, I am done for without more-than-human help. That is enough for AA to work on. Polling the Akron Chapter many attend the Oxford Group. Polling the Cleveland group include a number of Catholics, several Jews and at least one to whom "God" is "Nature." Some simply cogitate [cogitate = think deeply about something, or meditate] about "It." [That is broader version of Higher Power than I thought they conceived.] But the Great Healer cured them with only the help of their fellow ex-drunks, they all admit.

INTERGROUP OFFICE will be **CLOSED** Nov 26 & 27 for **Thanksgiving**

Preparing for a Sober Thanksgiving

Entering your first sober Thanksgiving, it's crucial to set realistic expectations for yourself. Recovery is a journey, and it's normal to feel a mix of emotions during holiday gatherings. You might encounter situations that test your resolve, such as being around others who are drinking. It's important to recognize that it's okay not to feel perfectly at ease at all times. Remember why you chose the path of recovery and the benefits it brings to your life.

- **Planning Ahead**

If you're attending a gathering where alcohol will be present, consider bringing a non-alcoholic beverage that you enjoy. This not only ensures you have something to drink but can also help to sidestep any awkward questions about why you're not drinking alcohol. Plan activities or topics of conversation to keep yourself engaged and your mind off the alcohol addiction you are working to overcome.

- **Building a Support System**

Having a support system in place can make a world of difference. Before the holiday, identify friends, family members, or a sponsor who understands your journey and can offer support if you need it. Let them know about your concerns and how they can help you during the day. Additionally, consider attending a support group meeting leading up to the holiday. Hearing others share their experiences and strategies can be incredibly empowering and can reinforce your own commitment to sobriety.

- **Handling Questions About Your Sobriety**

It's possible that people at your Thanksgiving gathering will have questions about your sobriety. Decide in advance how much you're comfortable sharing. You don't owe anyone a detailed explanation; sometimes a simple response like, "I'm not drinking today" or "I'm focusing on my health" is enough. Remember, your journey is personal, and you have the right to share as much or as little as you feel comfortable.

- **Having an Exit Strategy**

Despite your best efforts, there might be moments when you feel overwhelmed. It's important to have an exit strategy for such situations. This could mean stepping outside for a breath of fresh air, taking a moment to yourself in a quiet room, or having a plan to leave the event early if necessary. Always prioritize your sobriety; if a situation feels too challenging, it's okay to remove yourself from it.

NEW MEETING

We Agnostics Living Sober

TUESDAYS 10:00 AM

Victor E. Club
1320 E New York Ave
Deland, FL 32724

NEW MEETING

Humpday Eating Meeting

WEDNESDAYS 12:00 Noon

REBOS Club
2325 S. Ridgewood Dr.
Edgewater, FL 32119

MEETING NEWS and SOBER EVENTS

Saturday Night Beginners – Eating Meeting

November 14 @ 6:30 pm - 7:00 pm

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

EVERY SECOND SATURDAY

1649 Providence Blvd.,
Deltona, FL 32725

Fellowship Eating Meeting

November 27 @ 7:00 pm - 8:00 pm

New Smyrna Beach Group

(Last Friday of Every Month)

Location: United Church of Christ

203 Washington St.

New Smyrna Beach, FL 32168

The District 19 Special Events Committee presents...

MAKING CONSCIOUS CONTACT A SEMINAR ON PRAYER & MEDITATION

With Beth & Donald S. from Vero Beach

Conscious contact with my Higher Power keeps me from self-delusion.

SATURDAY, November 7, 2026 1:00pm to 4:00pm	New Covenant Baptist Church 1350 S. Blue Lake Avenue DeLand, FL 32724

Coffee & snacks will be provided

VOLUSIA COUNTY INTERGROUP PRESENTS

GOOD TIMES, SOBER VIBES!

AlcopaLooza

HALLOWEEN DANCE PARTY

SOBER • STRONG • TOGETHER

DANCING TO LIVE BAND- AVALON

Saturday Nov. 7th 7-9:30pm

LaCosta Village South
1275 LaCosta Village Blvd.
Pt. Orange, FL 32129

TICKETS $5 IN ADVANCE, $10 AT DOOR

DANCING, GAMES, 50/50 RAFFLE & COSTUME CONTEST

FAMILIES WELCOME

BEVERAGES SERVED, BRING A DESSERT OR TREAT TO SHARE

Please join us in love and service at our annual District 19

Gratitude Banquet

SATURDAY, NOVEMBER 14, 2026

THE SONS & DAUGHTERS OF ITALY LODGE
1270 DOYLE ROAD, DELTONA, FL 32725

TICKETS = $20

DOORS OPEN AT 4PM

More precious than gold!

"LIKE A GAUNT PROSPECTOR, BELT DRAWN IN OVER THE LAST OUNCE OF FOOD, OUR PICK STRUCK GOLD. JOY AT THE RELEASE OF A LIFETIME OF FRUSTRATION KNEW NO BOUNDS."
BB PAGE 128-129

SPEAKER • FOOD • RAFFLE • FUN • FELLOWSHIP

You're Invited!

AN EVENING OF

GRATITUDE & COMMUNITY

Sacred Heart Church

TOGETHER WE ARE STRONGER

DISTRICT 20 GRATITUDE *Dinner 2026*

Grateful FOR OUR PEOPLE OUR PURPOSE & OUR COMMUNITY

998 FATHER DONLON DRIVE
NSB 32169

SUNDAY 22 | NOVEMBER 2026

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

Thankful FOR DISTRICT 20! | ONE HEART. ONE MISSION. ONE DISTRICT.