

# HIGH 'N DRY



January 2020

Volusia County Intergroup Services

Districts 8, 19, 20, 21 and 32

## Coastal Centre

1635 S. Ridgewood Avenue, Suite 107, South Daytona, FL 32119  
phone: (386) 756-2930 – fax: (386) 756-3573 – email: admin@aadaytona.org  
Volusia County Intergroup Website: 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."*



## Heard it Through the Grapevine – Editor's choice

### Holiday surprise

*As a special treat, she brought goodies to her AA meeting. What could possibly go wrong?*

Growing up, I always had a set of standards and values by which I tried to live. I was a responsible person, a person who kept her word, a truthful person. When I crossed that invisible line between social and alcoholic drinking, it became harder and harder to stick to those values of which I was most proud.

One by one, those values disappeared. I could no longer uphold them and keep on drinking the way I was. A member once wrote the following in our district newsletter: "I was violating my standards faster than I could lower them." That described perfectly my downward slide.

I set hard rules regarding my behavior, such as not drinking in the morning. Well, that rule hit the slide. Then came the rule that I would not drink and drive my car with my children inside...another slide. You see the picture.

Then came the day that I decided I could not live one more day the way I had been. That's when I was introduced to AA. I soon found that I had to set rules that would help ensure my sobriety. There were two.

I had been a home drinker, a sneak and a hider. I had always shopped for alcohol in liquor stores. This was a time before alcohol was sold in grocery and drug stores. My first rule was that I would not go into liquor stores. I live with this rule even today. My second rule was that I would not eat food that had been prepared with alcohol. My home group members had discussions about not cooking with wine, not choosing items on menus that were made with liquor, not eating Mom's homemade rum balls at Christmas, and so on.

I agreed with those members who said they wouldn't do it, even though, as some said, the liquor was "burned off" in cooking. They didn't want to eat something and feel as though they had "gotten away with it."

### Highlights in this issue:

**On the Cover: Editor's Choice-"Holiday Surprise"**  
**Feature Inside: "AA Has No Opinion" – p. 5**  
**From The Archives: "Medical Book donated by John D" – p.3**  
**High 'n Dry Website Announcement – p.6**  
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See p.6 Holiday Surprise



## INTERGROUP NEWS and MEETINGS SCHEDULE

**Volusia County Intergroup Representative's Meetings** - 6:30 pm, 3<sup>rd</sup> Thursday each month at the Central Baptist Church, 142 Fairview Ave (just north of International Speedway Blvd off US 1)  
**Steering Committee Meetings** – 6:30 pm, 2<sup>nd</sup> Thursday each month at the Intergroup Office



### **Groups represented at the Intergroup Reps January 2020 Meeting:**

Aloha Group  
Back To Basics  
Deland Big Book Study  
District 8  
Friday Night Men's  
Hour of Power  
Lest We Forget  
New Dawn  
Sobriety First  
Women's Book Study

The Volusia County  
Intergroup Office  
Wants You

**Volunteers**



**Volusia County Intergroup**  
Open:

Monday – Friday  
9:00 AM - 5:00 pm  
Saturday 9:00 am – 1:00 pm  
Anniversary Coins, Books,  
Book covers, Cards, Jewelry.

Credit cards accepted

**Intergroup has three new  
Hazelton books for sale:  
"Find Your Light," "A  
Woman's Guide to  
Recovery," and a new  
edition of "12 Step Prayers"**



### ***Special Thanks to the following Home Groups for their contributions***

4<sup>th</sup> Dimension  
Back to Basics Deland  
Basic Text  
Grateful Group  
High Noon  
How it Works  
Just Do It  
Lest We Forget  
New Dawn  
Open to Change  
Reprise  
Sunday Morning Sober  
Weekly

**Intergroup will publish the semiannual report of Group donations for the period July 1, 2019 – December 31, 2019 in the February**

### **Committees, Coordinators, & Volusia County Intergroup updates for December 2019**

**Office Coordinator** - Intergroup had 195 Visits and 38 calls at Intergroup. Intergroup is asking groups who can contribute gift baskets to be auctioned off at the Old Timers' Dinner on February 29. Please let us know if your group can contribute a basket.

**Archives Report** - The GSO Archives movie Marking On the Journey was shown to the Wednesday Women's Group during the Brown Bag lunch and was well received. Larry R. has volunteered to do old timer interviews. Diane K. is no longer available to do interviews. We are looking for someone to do scanning. Carolyn C

**The Website Administrator** - Tom L. and I are both working on getting more people to read the H&D on the website and promoting them both more. This helps promote the office too. I will also be working on a new office/shop page in the coming months. Hugh

**Phone Army/12 Step Coordinator** - We had 32 phone calls and no visits. Roy

**Corrections & Treatment Coordinator** - There is a new meeting being brought into a veteran's rehab- looking for veterans in AA to take in meeting. The committee is also looking for Pink Can Carriers to help collect and announce Pink Cans at meetings. Contact Tim D. for more information. Tim

**Editor's email:** [editor@aadaytona.org](mailto:editor@aadaytona.org) Tom L

## From the Archives

### Medical Book donated by John D.

Several years ago, John D. of New Smyrna donated a book titled *The Medical Companion or Family Physician* by James Ewell which was published in Baltimore in 1822.

The application for registration in the District Court for the District of Columbia on November 8, 1822 describes the contents of the book as follows:

*Treating of diseases of the United States with symptoms, causes, cure and means of prevention, common cases in surgery as fractures, dislocations, etc.*

This book is usually part of our display at intergroup functions. It is of interest as a curiosity because of its description of "Intoxication" as long ago as the early 19<sup>th</sup> century, before the formation of the Washingtonians in April 1840, an early temperance group.

The following portion has been abbreviated and reworded due to space constraints.

Page 404

#### INTOXICATION

**Symptoms.**—Like every other kind of frenzy, it comes on with a burning redness of the cheeks—a swelling of the jugular veins and a fiery wildness of the eyes... At first the tongue only glib and voluble—then *loud* and *louder* still—at length noisy and excessively disagreeable....It can make some [patients] ridiculously loving...others it kindles into rage and fury... others [who are quiet [men] turn into chatter boxes]...

The memory [loses it continuity....he begins to stammer]... and hiccoughs now ensue... [Eventually, his head becomes too heavy to support] and he sinks under the table...and not unfrequently falls asleep among the cats and dogs.

**Treatment** – In a fit of drunkenness, the patient should instantly be placed in an airy situation...head and shoulders kept erect and the neck-cloth and collar of the shirt should be unbound and copiously bled if his situation seems alarming. The next step is to provoke vomiting ...by tickling the throat with a feather

Cold applications to the head...will have the happiest effect [and] so will plunging the body into cold water-- for many instances have occurred of persons having fallen overboard in a drunken fit and having been picked up sober...take them to the pump and deluge them with cold water... This will send them off [with] that sense of shame [that comes] following the commission of a crime so truly ignominious.

Note: Fortunately times have changed. Treatment is no longer cold water immersion and drunkenness is no longer a crime

*This article was written by  
Carolyn C of the Archives committee*

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. Articles may be submitted in writing through the Volusia County Intergroup office or via email at: [editor@aadaytona.org](mailto:editor@aadaytona.org) The editor welcomes your contributions, comments, suggestions and feedback. If you interested in working on the High 'n Dry, please contact the editor to get involved!

# January Anniversaries

NAME	YR	DATE	NAME	YR	DATE	NAME	YR	DATE
<b>5:30 Group</b>			<b>High Noon</b>			Mike 19 1/1/2002		
John M	27	6/15/1905	Jeri H	45	1/1/1975	Jeff Biddle	11	1/10/2009
Tom G	25	1/16/1995	Jamey D	27	1/1/1993	Shirley V	10	1/31/2010
Myra B	12	1/12/2008	Tim G	7	1/1/2013	Lou Ann	3	1/15/2016
<b>Aloha</b>			Lori A	3	1/21/2017	<b>Peace of Mind</b>		
Arlene C	28	1/24/1992	<b>Hour of Power</b>			Dottie C	13	1/14/2007
Mike Y	19	1/1/2018	Marsha M	16	1/6/2004	Frank B	2	1/18/2018
Teac B	2	1/28/2018	Margaret K	8	1/10/2012	<b>Road To Recovery Osteen</b>		
<b>Back to Basics</b>			Todd S	8	1/20/2012	Cheryl B	38	1/8/1982
Sandy P	23	1/21/1997	Nora K	6	1/16/2014	Paul M	30	1/2/1990
Horatio M	4	1/22/2016	Danielle S	3	1/6/2017	Larry R	2	1/4/2018
<b>Beachside NSB</b>			Brandy W	3	1/14/2017	<b>Saturday Morning Step</b>		
Susan Y	39	1/3/1981	<b>Lest We Forget</b>			Diana O	35	1/10/1985
Karen D	13	1/5/2007	Phil B	34	1/6/1986	Jason L	3	1/14/2017
<b>Choice is Yours</b>			Linda R	13	1/24/2007	<b>Saturday Women's AA</b>		
Don P	42	11/4/1978	Ashley H	4	1/22/2016	Linda D	34	1/2/1986
Missy	30	1/2/1990	Mayra C	2	1/1/2018	<b>Sunrise Group-Daytona</b>		
<b>Deltona Men's Group</b>			<b>Lifesavers</b>			Mark Z	30	1/12/1900
Eddie O	48	1/1/1973	Ginny T	34	1/5/1985	<b>Sunrise Group-Deland</b>		
Frank O	33	1/7/1973	Ed J	31	1/28/1988	Frank C	35	1/2/1985
Sean D	14	1/7/2006	Yvonne G	28	1/20/1991	Curtis	18	1/25/2002
Chris B	4	1/25/2016	Bruce W	26	1/14/1993	Jim F	9	1/14/2011
<b>Donut Group</b>			Deb W	26	1/23/1993	Frank G	7	1/1/2013
Missy S	30	1/2/1990	Larry R	1	1/2/1018	Nancy T	5	1/3/2015
Cindee B	20	1/5/2000	<b>New Dawn Group</b>			Larry R	2	1/3/2018
Nicole R	10	1/8/2010	Missy S	30	1/2/1990	Phil	2	1/9/2018
Hal S	7	1/11/2013	Leah G	28	1/1/1992	<b>Thursday Night Men's</b>		
Lori S	7	1/11/2013	Laura L	23	1/1/1997	Jim H	4	1/2/2016
Court J	3	1/2/2017	Sylvia	18	1/6/2003	<b>Tomoka Group</b>		
<b>Early Ducks</b>			Craig E	17	1/3/2003	Nancy Crick	26	1/15/1994
Dave M	27	1/31/1993	Bob Schnurr	14	1/10/2006	<b>Way of Life</b>		
Sally S	15	1/14/2005	Sally L	8	1/10/212	Ron S	13	1/25/2007
Cindy C	10	1/10/2015	Kim Castro	8	1/8/2012	Austin W	6	1/29/2014
Jaime D	1	1/12/2019	Randy B	3	1/23/2017	Kevin E	5	1/6/2015
Leah L	1	1/12/2019	Lindsay	3	1/1/2017	John M	4	1/15/2016
<b>Four Townes</b>			Laura D	2	1/11/2018	Steve R	3	1/31/2017
Clyde W	38	1/11/1982	Hector R	1	1/6/2019	Richard P	3	1/19/2017
Paul M	30	1/1/1990	<b>New Smyrna Beach</b>			John	2	1/12/2018
<b>Free To Be</b>			Carolyn C	40	1/13/1980	Lonnie W	1	1/4/2019
Michael M	4	1/23/2016	Theresa G	16	1/2/2004	<b>Wednesday Women's DB</b>		
Laurie F	1	1/22/2019	Ed T	7	1/23/2013	Carla J	43	1/10/1977
<b>Happy Hour/Daytona</b>			Peter	3	1/28/1017	Janet M	40	1/26/1980
Tom B	32	1/8/1988	<b>Noon Group</b>			<b>Women's Book Study</b>		
Laura A	23	1/8/1997	Joanne B	37	1/15/1983	Emily F	8	7/4/1905
Sonny	21	1/1/1999	Jacque B	32	1/1/1988	<b>Women's New Beginnings</b>		
Mike B	15	1/1/2005	Sonny W	8	1/6/2012	Lisa C	3	1/15/2017
Donald C	6	1/16/2014	<b>Pass It On - Victor E</b>			Tori	3	1/29/2017
Missy B	2	1/8/2018	John S	40	1/15/1979	April	1	1/1/2018

**Anniversaries Submission Deadline:** The 15th of the previous month. Please bring or mail your group's anniversaries to the intergroup office, or email them to: [admin@aadaytona.org](mailto:admin@aadaytona.org)

## AA Has No Opinion

One of the things I have noticed over the last few years, and see as a sign of growth, is that I do not have to have an opinion on every issue there is in the world. Earlier in recovery I was quick to have answers for everything and was pretty sure what the right course of action would be in any situation. I think this attitude was based on insecurity and on fear masked as arrogance. It was impossible to say, "I don't know where I stand on this issue" or "Why would I have an opinion on this?" As I have mellowed as a result of working the Steps, I have a less urgent need to take a stand on things that don't concern me, of which there are plenty. It is nice not to have to be God.

AA's early members were aware of the value of impartiality in outside matters. They knew about the Washingtonian Society which, in the nineteenth century, started out as a self-help group for alcoholics, had more than 100,000 members at its peak, and perished quickly after getting involved in political issues such as temperance and abolition.

In my own time, Tradition Ten has often helped to clarify things, both in my personal and my Fellowship life. A few years ago I told a new friend about my alcoholism and my membership in AA. She was most interested. At one point she asked whether AA lobbied Parliament for things like higher penalties for drunk driving, and I explained that we did not and why we did not. Through that conversation I realized that my disease and my recovery are not about alcohol and its availability, but about a sick soul that needs healing by a power greater than any human power, including my own. This recovery is available regardless of outside circumstances, and that is the only message I can carry to another person with a drinking problem.

It must have been this knowledge that prevented the Fellowship in Great Britain from stepping into a debate that we had a couple of years ago. In England, the availability of alcohol has always been governed by strict

laws--where and when you can buy it and where and when it can be served. Until recently, pubs had to close every day from 3 P.M. to 5:30 P.M. and close for the night at eleven. Then the British government decided to loosen the restrictions and for months a debate raged through the national press whether alcoholism and alcohol consumption would increase if pubs were allowed to be open all day. Absolutely everyone in the field was interviewed and quoted--except Alcoholics Anonymous. (In any event, we know that no licensing laws could have aggravated or could have stopped our drinking.)

There are plenty of outside issues. Therapy is my pet hate. To me, speakers who share how they stopped drinking by attending meetings and go on about how they get well through therapists or counselors, never even mentioning God and the Steps, are breaking Tradition Ten. Also, I have seen books which mentioned the author's membership in AA on the dust covers while the contents described the program in a distorted way. In one instance, the author, a qualified psychologist, described the benefits of the program as "limited" and declared that additional therapy (his particular brand, of course) was needed for full recovery.

Equally, I believe that religion is an outside issue. I remember a group where the Bible was read. When I queried this, I was told, "Oh, it's all the same thing." Not to me. I don't like the little that I know about Christianity, and I certainly would not understand my God the way God is described in the Bible. If a member or group insisted on reading the Koran in a meeting, I am sure that controversy would be inevitable. Our unity would be endangered and Alcoholics Anonymous would stop getting drunks sober.

-- Eva M.

London, England

*From the October 1992 Grapevine*

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**GSO Contributions:**  
General Services Office  
Grand Central Station,  
P.O. Box 459  
New York, NY 10163

**Area Contributions:**  
NFAC treasurer  
P.O. Box 10094  
Jacksonville, FL 32247

**Intergroup Contributions:**  
Volusia County Intergroup  
Coastal Centre  
1635 S. Ridgewood Suite 107  
South Daytona, FL 32119

They didn't want to end up feeling that perhaps a little beer with that hot dog at the ball game would then be OK.

I've been conscientious about reading ingredients and choosing menu items carefully. My husband became my official "taster," just like the kings and queens used to have. He would try food in a restaurant or in someone's home and say to me quietly; "You really wouldn't enjoy this," which meant it had been made with alcohol.

These rules have served me well through many years of sobriety, which explains why I was stunned the other day at a meeting at our local clubhouse.

I had been packing tins of candy for neighbors. I had some leftovers that I decided to take to our meeting's kitchen for others to enjoy. I put out some wrapped red and white striped mints and some wrapped chocolate pieces, then added two boxes of chocolate covered cherries.

Just before the meeting started, someone asked who brought the candy. I said I had. He asked if I knew that there was liqueur in the cherries. I literally gasped and said that I did not. I felt terrible. I had neglected to read the ingredients. I had let my standard slide. I had bought the chocolates at a dollar store and never thought for a minute there would be expensive ingredients in them. But I had not checked!

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## Volusia County Intergroup Donations

Group & District Donations: \$900.94  
Anniversaries Donations: \$100.00  
Anonymous Donations: \$ 21.00  
7<sup>th</sup> Tradition Donations: \$ 50.00

Total: \$1,071.94

So I went to the kitchen right then and buried the boxes of chocolates in the bottom of the trash can. I pictured myself as one of the poisonous adorable little old ladies from Arsenic and Old Lace who would be whispered about at local meetings as the woman who caused the group slip at the club!

Lesson learned: Never ever let my guard down or let up my vigilance.

-- Carol K.  
Sarasota, Florida, USA

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## High 'n Dry Website Announcement

Please go to <http://aadaytona.org/> to check out the fantastic new look that our website administrator, Hugh P, has given to the High 'n Dry. Select "Newsletter" from the menu to see who has an anniversary in your group or get details on upcoming picnics, dinners, conferences and other events. Get reports on other intergroup activities. Read the archives articles that are written specifically for Volusia County AA members and more. I hope you will check it out.

Contact us at: [editor@aadaytona.org](mailto:editor@aadaytona.org) for more information or to offer comments and suggestions.

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**Intergroup is looking for a licensed contractor** to do a small interior remodeling job for the office. Please contact Intergroup at 386-756-2930 if you are interested or can recommend anyone.

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## DISTRICT NEWS

### Monthly District Meetings:

**District 8:** Last Monday – 7:15 pm, Almous Club, 569 Foote Court, Daytona Beach

**District 19:** 4<sup>th</sup> Monday - 6:30 pm, First Cong. Church (Fellowship Hall), 201 W. University, Orange City

**District 20:** 3<sup>rd</sup> Sunday - 7:00 pm, United Church of Christ, 203 Washington St., New Smyrna Beach

**District 21:** 2<sup>nd</sup> Tuesday - 6:30 pm, St. James Episcopal Church, 38 S. Halifax Drive, Ormond Beach

**District 32:** 1<sup>st</sup> Monday - 6:00 pm, Grace Lutheran Church, 338 Ocean Shore Blvd., Ormond Beach

Want to know what's happening in your District? All A.A. members are welcome to attend their District meetings listed above **& get involved!**

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*From the February 1950 Grapevine*  
**Only the 1st Step?**

QUITE recently a friend of mine came out with the remark, "Poor Bill has had another slip." Now it was quite natural on hearing this that I should conclude that Bill had indulged again in a little serious drinking. But why, I have since asked myself, must a slip--if the word has to be used--only suggest a transgression of the 1st Step? Ours is a Program of 12 Steps. It does not begin and end with the cessation of our drinking habit. It is the adoption of a way of life. It is the adherence to a credo as laid down in those 12 Steps. And so I feel--once I have found the way--if I should relax in my adherence to any of those Steps--if I should so stray in my thinking again--to become intolerant--to lose my temper and be unwilling to beg for pardon--to speak unkindly and yet feel no remorse or seek forgiveness--I shall have slipped just as surely as my unfortunate brother who had imbibed again. And thus I find myself in agreement with the words of Frederick the Great, "Every man must get to Heaven in his own way."

-- The Lifeline  
Vancouver, B.C., Canada

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## NEW TO THE MEETING LIST

**Rule 62 Group** – open  
Saturday – 8 am  
First Presbyterian Church  
509 Magnolia Street  
New Smyrna Beach

### DISCONTINUED

Our Higher Power's Eleventh Hour  
Saturday 11 pm  
Victor E Club  
1320 E New York Ave  
Deland

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## 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 A.A. unity"*

## Concept I

*"Final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship:"*

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### Grapevine Daily Quote December 5, 2019

"There are no shibboleths in AA. We are not bound by theological doctrine ... We are many minds in our organization."

AA Co-Founder, Dr. Bob, September 1948,  
"The Fundamentals in Retrospect," Spiritual Awakening

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## Upcoming Events



### Big Book Workshops

#### 12 Steps in 12 Weeks

Wednesdays from 7:00 – 9:00 PM

Begins January 8, 2020

1<sup>st</sup> Congregational Church

201 W. University Ave.

Orange City, FL 32763

*Please see flyer for complete details*

### The Big Book Comes Alive

January 10, 11 & 12

St James Episcopal Church  
44 S Halifax Drive, Ormond Beach

#### In the Spirit of Joe & Charlie

Presented by Pat & Brian

Sponsored by

District 21 & the Ormond Beach Group

Pre-registration \$20.00 (\$30.00 at the Door)

*Please see flyer for complete details*

## Old Timers' Dinner

### Presenting: AA Comes to Florida

February 29<sup>th</sup> 2020

Daytona Christian Church

1135 6<sup>th</sup> St., Daytona Beach

Doors open at 5 pm

Tickets \$10

*Please see flyer for complete details*

### 4<sup>th</sup> Annual

### “Unity Under the Stars”

### Campout

March 27-29, 2020

Lake Monroe Park

975 S. SR 17/92

DeBary, FL 32713

*Please see flyer for complete details*

## This Month in History

**1889:** Bridget Della Mary Gavin (Sister Ignatia) was born in Ireland.

**1915:** Dr. Bob Smith married Anne Ripley.

**1918:** Bill Wilson and Lois Burnham were married, days before he was sent to Europe in WWI.

**1937:** Fitz M brings AA meetings to Washington DC.

**1937:** New York A.A. split from the Oxford Group. \*

**1939:** Dr. Bob stated in a letter to Ruth Hock that A.A. had to get away from the Oxford Group atmosphere.

**1948:** Polk Health Center Alcoholic Clinic for “Negroes” started operations with 14 willing subjects. The Washington Black Group of A.A. cooperated with the clinic. \*\*

\* This apparently refers to the Dayton Ohio group as New York has already separated. – Editor

\*\* The group is today known as the Cosmopolitan Group. - Editor