



### Coastal Centre

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



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

#### A Logical Follow-up

*From the February 1949 magazine*

The January issue of *The A.A. Grapevine* put a lot of proper emphasis on our 24-hour plan. Maybe my experience with it will make a logical follow-up. I had applied the 24-hour plan to my drinking, with great success. But when I tried to use it in all departments of my life it bogged down.

The total weight of my "past" came down over me every time I applied for a job and even when I met an old friend I'd misused during my drinking. An ingrained sense of guilt was ripping the very guts out of the man I was trying to be--*today!* The 24-hour plan wasn't doing so good!

It was my wife, God bless her, who put her finger on the answer. I was diligently working on the 8th and 9th Steps, making a list of people I had harmed and figuring out ways of making amends.

My wife looked over the list and said, "There's one very important person you've forgotten!"

"Who?" I asked. "I'll put him right down!"

She looked me right smack in the eye and said, "YOU! You've never forgiven yourself. How can you expect other people to feel something you don't feel yourself?"

Yes, it was as simple as that! It took a bit of doing, this forgiving myself. But I finally managed it. I don't mean that my record was miraculously wiped clean, even in my own mind. It was still there, and with handicaps that were real and had to be overcome. But I was no longer its slave. I began believing in the fellow I was trying to be today, not in the drunk who had messed up the past!

I found other people ready to believe in my today, too. I found time itself had healed a lot of old wounds and that nobody was condemning me as thoroughly as I had been condemning myself. I was free at last to make the 24-hour plan work. Today I live by it--and it works in every phase of living just as well as it did on drinking itself!

-- H.A.S.

Indianapolis, Indiana

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1,680 Total  
Years of  
Sobriety  
this Month



## 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 Representative's September 2020 Meeting**

Aloha Group
Candlelight
Hour of Power
Lest We Forget
Saturday Night Beginners
Sobriety First
Wednesday Women's

**Notice:  
Steering Committee Election**

**Every group has a vote. If your intergroup rep cannot attend, then please send an alternate**

**The Volusia County Intergroup Office Wants You**



**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

**Vacant Service positions**

If you are interested in Service work at Intergroup then please contact our Office Coordinator  
Margaret K.

email - [admin@aadaytona.org](mailto:admin@aadaytona.org)/  
phone - (386) 756-2930



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

Back to Basics/Deland
Basic Text/Ormond Beach
Deland Big Book
Friday Noon Men's
Open to Change
Saturday Women's AA
Wednesday Women's



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

### **Committees, Coordinators, & Volusia County Intergroup Updates for September 2020**

**Office Coordinator:** There were 38 phone calls and 144 visits in the month of July. All volunteer positions in the office are currently filled. Business continues to be slow, but things are picking up a little compared to August - Margaret K

**Archives Report:** Continuing to scan group records and also doing research for future articles in the Hi 'n Dry. - Carolyn C

**The Website Administrator,** Website had 14,060 views since last month with an average time of 2 Min 22 Sec spent on the page. Top pages are the "Meeting Archive" and "Home" pages. Hugh P

**Phone Army/12 Step Coordinator:** There were 40 phone calls in the month of August and no visits - Roy S

**Editor's Report:** 307 copies of the digital version of the High & Dry were e-mailed in September. Editor's email - [editor@aadaytona.org](mailto:editor@aadaytona.org) - Tom L

**Special Events Coordinator:** We are still looking for a Special Events Coordinator

# From the Archives

## AA and Medicine

“A.A. and Medicine Forge a Durable Relationship” from *Markings: Your Archives interchange* Volume 25: No 1- September to October 2005

[https://www.aa.org/newsletters/en\\_US/markings\\_sept-oct05.pdf](https://www.aa.org/newsletters/en_US/markings_sept-oct05.pdf)

I found this an interesting article. It is much larger and contains pictures of some of the individuals and locations mentioned.

**A Shaky Start:** The Journal of the American Medical Association reviewed the book *Alcoholics Anonymous* in Oct. 14, 1939 ... “The one valid thing in the book is the recognition of the seriousness of addiction to alcohol. Other than this [it] has no scientific interest”. Although it is introduced by a letter from a physician [William D. Silkworth, M.D.; name in brackets because at the time Dr. Silkworth’s name was not disclosed], who claims to know some of the anonymous contributors who have been ‘cured’ of addiction to alcohol and have joined together in an organization which would save other addicts by a kind of religious conversion.” Interestingly, the same issue of JAMA carried ads for centers specializing in the cure of alcohol and drug addiction including an ad for Charles B. Towns Hospital in Manhattan, where Dr. Silkworth worked.

In 1917, Charles B. Towns, Ph.D., who had founded a Manhattan hospital as a “drying-out” facility, stated that “There is no such thing as ‘curing’ a case of alcoholism.” The medical treatment given to an alcoholic at Towns Hospital was a combination of barbiturates to sedate and belladonna to reduce stomach acids.

Once the patient was medically stabilized, Towns advocated “physical conditioning”—a week or two of hydrotherapy, electricity and massage.

Dr. Silkworth joined Towns hospital in 1930 and had thought that alcoholism was an allergy. Bill W. first treatment was in December 1933.

Later, Dr. Silkworth “helped to convert [Dr. Towns] into a great A.A. enthusiast and had encouraged him to loan \$2,000” toward preparation of the big book, which increased to \$4,000. This was paid back in full. Dr. Towns also approached Fulton Oursler, then editor of *Liberty* magazine, who commissioned feature writer Morris Markey to write the article “Alcoholics and God” for the September 1939 issue, giving A.A. its first national publicity.

In 1951, A.A. was given the Lasker Award which honored exceptional achievement in the field of medical research and public health administration. Previous recipients had been scientists, public health leaders and medical groups. While the Lasker Award was accepted, the cash grant portion was declined in accordance with the Seventh Tradition of self-support.

At A.A.’s 20th anniversary convention in St. Louis, Missouri, in July 1955, two distinguished physicians spoke. Dr. W.W. Bauer of the American Medical Association stated alcoholism “must be treated ... body and soul.” Psychiatrist Dr. Harry M. Tiebout stressed the principle of surrender in A.A.’s program of recovery, and referred to as part of the miracle of A.A.

Jim B.  
Archives

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 to the editor. Contact the editor for more information 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 Drv. please contact the editor to get involved!

## October Anniversaries

NAME	YR	DATE	NAME	YR	DATE	NAME	YR	DATE
<b>5:30 Group</b>			<b>Happy Hour/DB</b>			Steve Mc 3 10/3/2017		
Dave A	29	10/4/1991	Fred H	37	10/20/1983	Rick N	3	10/18/2017
John B	11	10/15/2009	John B	11	10/20/2009	Jeanne	3	10/21/2017
Charlie T	8	10/11/2012	James S	2	10/9/2018	<b>Pass It On/Deland</b>		
<b>Aloha</b>			David L	1	10/8/2019	Paul G	17	10/18/2003
Don P	9	10/11/2011	<b>High Noon</b>			<b>Peace of Mind Group</b>		
<b>Back to Basics/Deland</b>			Donna	14	10/27/2006	Chip D	37	10/10/1993
Pat P	19	10/31/2001	DJ	8	10/11/2012	Christine M	29	10/24/1991
Melissa M	13	10/21/2007	Marion P	6	10/15/2014	Mark H	28	10/29/1992
<b>Beachside NSB</b>			<b>Hour of Power</b>			Christine C	19	10/5/2001
Elvira B	30	10/24/1990	Lisa B	38	10/18/1982	Bob F	12	10/26/2008
Bob F	15	10/29/2015	Chip D	37	10/10/1983	Steve B	9	10/30/2011
Jeffrey W	2	10/20/2018	Paul G	28	10/4/1992	Mark S	8	10/4/2012
<b>Bill's Neighborhood</b>			Lorri R	14	10/13/2006	Paul F	7	10/13/2013
Whitney	2	10/2/2018	Diane P	13	10/29/2007	Chase L	4	10/23/2016
Mark R	1	10/21/2019	JD D	12	10/00/2008	Stephanie P	2	10/8/2018
<b>Choice Is Yours Group</b>			Leslie K	3	10/2/2017	<b>Riverbrige Group</b>		
Larry C	40	10/31/1980	Stephanie P	2	10/8/2018	John S	3	10/20/2017
Linda H	29	10/7/1991	Lisa Br	1	1/1/2019	<b>Road to Recovery/Osteen</b>		
Donny C	28	10/7/1992	Miles	1	10/3/2019	Bobby V	30	10/19/1990
Larry C	28	10/25/1992	Susan T	1	10/11/2019	Anne W	10	10/31/2010
Megan G	27	10/22/1993	Mark O	1	10/31/2019	<b>Saturday Night Beginners</b>		
<b>Deltona Men's Group</b>			<b>Lest We Forget</b>			Chelsea H	3	10/29/2017
Ralph L	45	10/15/1975	Stevie S	38	10/18/1982	<b>Sunrise Deland</b>		
Steve R	31	10/31/1989	Ken H	34	10/17/1986	Andy H	13	10/1/2007
Rob M	9	10/10/2011	Greg S	27	10/13/1993	Sandy M	11	10/17/2009
Clint (Woody) W	7	10/29/2013	Trish S	21	10/1/1999	<b>Thursday Night Men's</b>		
<b>Donut Group</b>			Jo C	13	10/29/2007	JT S	7	10/27/2013
Grace R	42	10/22/1978	Chris M	5	10/18/2015	Steve J	4	10/15/2016
Harold W	34	10/24/1986	Laura D	4	10/25/2016	Tim B	1	10/27/2019
Sandy W	34	10/24/1986	Mark R	1	10/26/2019	<b>Way of Life</b>		
Shaun M	2	10/25/2018	<b>Lifesaver's Group</b>			Don Tat 2	49	10/30/1971
Miriam M	1	10/1/2019	Mike R	45	10/30/1975	Bill K	14	10/10/2006
Steve B	1	10/1/2019	Jeff G	32	10/17/1988	Michael W	1	10/11/2019
<b>Early Ducks</b>			Kathy MG.	12	10/12/2008	<b>Wednesday Women's Group</b>		
Mark C	8	10/19/2011	J.D. D	12	10/7/2008	Terry T	34	10/27/1986
Rhea K	3	10/27/2017	Colleen T	10	10/12/2010	Megan G	27	10/22/1993
Mitchell C	1	10/14/2019	<b>New Beginnings</b>			Sharon R	22	10/29/1998
<b>Friday Noon Men's</b>			Jerry H	20	10/6/2000	Debbie A	15	10/1/2005
Dan H	33	10/28/1987	<b>New Dawn</b>			Shirley F	7	10/20/2013
Dallas P	30	10/13/1990	John E	19	10/28/2001	<b>Women's New Beginnings</b>		
<b>Good Day Group</b>			Tara K	18	10/1/2002	Pat L	44	10/27/1976
Richard V	1	10/10/2019	Jack	13	10/2/2007	<b>YOLO</b>		
Cody M	1	10/24/2019	Pam S	11	10/23/2009	Mark M	27	10/14/2003
<b>Grateful Group/OC</b>			Gary M	9	10/14/2011	Kelly M	4	10/8/2016
Tammy	12	10/26/2008	Lori B	5	10/13/2015	Bill S	3	10/24/2017
			Kelly M	4	10/8/2017	Tim B	1	10/28/2019

**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)



From the October 1950 Grapevine

## Like a Ship at Sea

IN search for a daily "operating schedule" which would help to make the tenth step habitual and as pleasant as possible, the writer hit upon the following analogy and found it helpful.

On a ship's bridge, at sea, the navigator is charged with keeping his ship on her course. When he is piloting near islands, shoals and coastal waters, he must constantly take sights or bearings of rocks, light-houses, mountain peaks and other reference points that appear on his chart. The compass bearings of these objects from his ship enable him to mark his progress on the chart and to steer a safe course.

The point of the analogy is that the navigator constantly regards each of the menacing objects in the sea around him as *aids* to the safe passage of his vessel. As long as he notes the bearing of each one it cannot harm him.

The "sighting" or experiencing of fear, resentment, self-pity, anger and self-righteousness doesn't mean that the ship is off her course at all. Each is a menace to be expected and encountered every day of a normal busy life. If, however, the watch on the bridge is habitually alert, the menace can be an aid to safe passage.

-- Frank M.  
Piedmont, California

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### STEERING COMMITTEE ELECTION

If you are interested in serving the Volusia County AA Community, please consider running for a two-year term on the Steering Committee.

The election will be held at the October IGR meeting on 10/15 at 6:30 p.m. at the Central Baptist Church, Daytona

Offices to be filled:

Chair, Vice-Chair, Treasurer and Trustee

Two years' sobriety is required.

Officers must attend the Steering Committee and the IGR meetings once a month.

### SPECIAL EVENTS COORDINATOR

For Intergroup

If you are interested in this position then please call or email

Margaret K

Phone - (386) 756-2930

Email [admin@aadaytona.org/](mailto:admin@aadaytona.org/)

### High 'n Dry Service Position Available

"Carry the Message"

### ACQUISITIONS EDITOR

The Acquisitions Editor searches for writers and articles & decides which articles should be submitted to the Editor for publication

Reply to this email for details or send query to

[editor@aadaytona.org](mailto:editor@aadaytona.org)

#### **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

## Mail Call

I GOT angry at my boss one day and to get even I went into a bar to get a drink. Then I took another--and another, and so on.

"Get out of here!" roared the bartender when I ran out of money; me a good customer. I would get even with him!

Outside a policeman said to me, "Get home!" Me, a good citizen, I'd get even with him.

"You're late," snapped my wife to me--her loving (?) husband. I'd get even with her!

My bed rolled and was hard and I slept not that night.

The next day I arose aching and jittery and set about to get even with those who had angered me, so I proceeded to drink again.

Then I met a man who told me about a barroom where drinks were free, inexhaustible and left no hangover. He introduced me to the Keeper of this Bar, who now is the joy of my life. At morning he serves me an eye-opener of faith; at mid-morning I quaff a highball of hope and at noon I lunch at the free lunch counter of fellowship, in the afternoon I sip a cocktail of service and in the evening I partake of the communion wine of happiness and retire with a nightcap of joy to dreams of peace and serenity.

I've got even with the bartender and the boss and the policeman--they are my friends now. I've got even with my wife--I love her as I should. I have found the Bar of the Universe because of my meeting with an AA.

R.P. – Shreveport, Louisiana

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## Another Miracle

TWO years ago this summer, two members of our small Indiana city group went to the county jail to call on a man who had requested the judge to give him a sentence therein so that he might stop drinking. He had expressed an interest in AA also and he grabbed at the Program like a drowning man clutches at the proverbial straw. In this particular case, the straw saved him, for Harry hasn't had a drink since.

One of our local manufacturers, who knew of Harry's case, gave him a job. He made rapid progress and soon had a time study task. Later, because of earlier experience in the meat business, he found an opportunity for further advancement through acceptance of a sales position with one of the large Chicago packing houses. He must have made good, because he recently came to see me and told me about a job he had been offered and accepted with an Indianapolis packer, carrying about \$6,000 a year salary and an unlimited expense account! "I pinch myself occasionally to make sure it is really I," he told me.

Harry is certain he can make good in his new post as a supervisor of salesmen and best of all, he has invited all members of our little group to his wedding this fall. The bride will be his former wife.

All in two years' time!

-- D.L.B.

Indianapolis, Indiana

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## August 2020 Volusia County Intergroup Donations

Group & District Donations: \$625.15

Anniversaries Donations: \$66.00

Anonymous Donations: \$ 30.00

7<sup>th</sup> Tradition Donations: \$ 27.97

In Memory of: \$0

Total: \$749.12



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

## 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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## Grapevine Daily Quote

September 12, 2019

“In our Twelve Traditions we have set our faces against nearly every trend in the outside world.

“We have denied ourselves personal government, professionalism and the right to say who our members shall be. We have abandoned do-goodism, reform and paternalism. We refuse charitable money and prefer to pay our own way. We will cooperate with practically everybody, yet we decline to marry our Society to anyone. We abstain from public controversy and will not quarrel among ourselves about those things that so rip society asunder -- religion, politics and reform. We have but one purpose: to carry the AA message to the sick alcoholic who wants it.

“We take these attitudes not at all because we claim special virtue or wisdom; we do these things because hard experience has told us that we must -- if AA is to survive in the distraught world of today.”

AA Co-Founder, Bill W., January 1955, “Why Alcoholics Anonymous Is Anonymous”, The Language of the Heart

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## Changes to the Meeting List

### Candlelight Group

Easy Does it Club

Now meeting 10 p.m. seven nights a week.

Go to <http://aadaytona.org/updates/> for the latest reports on meeting status

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### *In Memoriam*

**We are sad to announce that our friend Jim Hargrove, of Easy Does It passed away suddenly on Sunday 8-30-2020. Jim will be missed.**

**Also our friend, John Regan of the Friday Noon Men's Group in Daytona Beach passed away in August John will be missed**

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## Grapevine Quote

August 20, 2020

**“What counts is not that which can be held in the hand but that which can be held in the heart.”**

“Savoring Our Sobriety,” North Hollywood, California, August 1982, Emotional Sobriety: The Next Frontier

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## Step X

*“Continued to take personal inventory and when we were wrong promptly admitted it.”*

## Tradition X

*“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”*

## Concept X

*“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.”*



## Upcoming Events

### **YOLO Picnic**

Saturday, October 3  
11 a.m.

Reed Canal Park  
Hamburgers and Hot Dogs Provided  
Feel free to bring a covered Dish  
Bring your own chair

### **Biketoberfest At Easy Does It**

Hideous Four-Horsemen Chili Cook Off  
October 17<sup>th</sup>  
9 p.m.  
50/50 raffle  
Speaker, Prizes

See Jessa at the Candlelight for entry Info

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## Historical Tidbits

### **October 1:**

**1957** - Alcoholics Anonymous book A. A. Comes of Age is published

### **October 2:**

**1944** - National Committee for Education on Alcoholism formed by Marty Mann - later to become "National Council on Alcoholism."

### **October 3:**

**1945** - AA Grapevine adopted as national publication of AA

### **October 6:**

**1988** - Lois W, Bill's wife and a co-founder of Al-Anon, dies at age 97

### **October 9-11**

**1969:** 1st World Service meeting held in New York with delegates from 14 countries

### **October 10:**

**1988** - Lois is buried next to Bill in Manchester, Vermont

### **October 13:**

**1939** - Bill W. gets his driver's license

### **October 13:**

**1947** - "The Melbourne Group" held its first meeting in Australia

### **October 14**

**1939:** Journal of American Medical Association gives Big Book unfavorable review.

### **October 15:**

**1904** - Marty M, early AA woman, is born in Chicago

### **October 21:**

**1939** - Cleveland Plain Dealer begins series on AA by Eldrick B. Davis

**1949** - Florence R, AA's 1st sober woman, begins drinking again, commits suicide

### **October 24:**

**1943:** Wilsons start 1st major A.A. tour, returned Jan 19, 1944.

**1973** - Trustee's Archives Committee of AA has its 1st meeting