



Coastal Centre

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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

Mail Call

RECENTLY I discovered a brand-new way the 12 Step way of life proves itself by far the best way of living.

My new proving ground of our way of life came as a result of one of the most frightening and almost overwhelming experiences I ever had. This ordeal, lasting about two months, was the first real test that has come to me since I began trying the 12 Step way.

To you who haven't been tested greatly since adopting our way of life, believe me, when the big trials come, it really means something to you to have substituted the 12 Steps for the alcoholic stumbles.

I don't claim that I rose gloriously above my fears and almost despair when my faith was tested. I didn't. Humbly I confess there were times when the only prayer I could say was "Not my will, but Thine." I was almost overcome by despair.

"Habits are like cork or lead — they tend to keep you up or hold you down."

— Short Takes, Honolulu, Hawaii, November 1962
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But let's look at the other side of the picture. Suppose the ordeal had come to me before my finding A.A. Back in those days, any slight upset was an excuse for a drinking spree. But in the past few months I have had a *big* disappointment in my life, and terrible long days and nights of pain, both physical and mental, and through it all, I did remember that the Higher Power who gave me A.A. still watches and still cares. If the 12 Step way of life is beginning to become a part of you, remember that when great trouble comes, you've something inside you that helps *carry you through*.

— Anonymous, 1949
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1,331 Total
Years of
Sobriety in
January

INTERGROUP NEWS and MEETINGS SCHEDULE

Volusia County Intergroup Representative's Meetings — 6:30 pm, 3rd 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, 2nd Thursday each month at the Intergroup Office



Groups represented at the Intergroup Representative's December 2020 meeting

Precisely How
Deland Big Book Study
Lest We Forget
High Noon
Hour of Power
Sobriety First
Sand & Sea
We're Working on It
District 19, PI/CPC

JOIN US on ZOOM for the District 20 A.A. Online ZOOM Hybrid Accessibility Workshop

1 - 3 pm, Saturday, Feb. 13
First Presbyterian Church, 508
Magnolia St., NSB AND / OR
ZOOM, ID#793 177 1913
(no password required).

Volusia County Intergroup Office Information



Volusia County Intergroup

Open:
Monday – Friday
9 am – 5 pm
Saturday 9 am – 1 pm
Anniversary Coins, Books,
Book covers, Cards, Jewelry.
Credit cards accepted

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

Email:

admin@aadaytona.org
Phone: (386) 756-2930



Special thanks to the following Home Groups for their contribution

Basic Text
Seaside Group
Steps for Life
Mike Fine Hall
Sunday Morning Sober
How it Works
High Noon
Way of Life
Basic Text, Ormond Beach

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

Committees, Coordinators, and Volusia County Intergroup updates for December 2020

Office Coordinator: We had 65 calls and 152 visits. I will have hip surgery Jan. 4 and will be recovering and working from home for several weeks. Volunteers will fill in as needed. — Margaret K

Archives Report: We received a donation of books from Tom H (*Big Books*, a *Twelve and Twelve* and others), which are on the Estates shelf for resale. We have finished scanning some District 32 and District 20 papers, as well as the Line by Line group, and have begun working on documents the High Noon Group in New Smyrna Beach. — Carolyn C:

Website Administrator: Website had 14,541 page views. I've added holiday-themed graphics to the site. Also performed weekly Website update and maintenance and meeting changes. Creating a page for PI/CPC. — Hugh P

Phone Army/12 Step Coordinator: We had 26 phone calls and two assists with rides in November. — Roy S:

High 'n Dry Editor: I have assumed the editor's responsibilities. We emailed 310 electronic copies of the December issue. — Mary Ellen, We are actively seeking Volusia County group members who would like to contribute A.A.-related articles, including shares, anecdotes, experiences, etc. Just 4 to 5 paragraphs. **Editor's email:** editor@aadaytona.org

From the Archives

Reasons for Failure in the Program and Conquering Self-Pity



“IT IS TRUE certain drinkers have not succeeded (in the program). A few of the reasons for their failures are listed below:

1. Those who see alcoholism as a moral problem rather than a fatal illness.
2. Some have suffered advanced brain injury from alcohol.
3. Some failed because they were dope addicts — they drank, yes — but alcohol was not their basic problem.
4. Some were forced into the movement and, lacking sincerity, did not last.
5. Occasionally there was an Atheist who is unwilling to accept the spiritual concept which underlies the A.A. program.
6. The alcoholic who is “constitutionally dishonest”.
7. Those who accept only part of the A.A. program...Those who wish to place a distorted selfish interpretation of the steps.
8. Those who are psychotic.

“Members falling under any of these groups have little chance of recovery until they see alcoholism as a fatal illness and are vitally interested in getting well.”

Included in an essay listing and explaining character defects is this the following interesting item:

Eight ways to conquer self-pity

1. Develop emotional maturity. An emotionally mature person is one who is decent, kind, humble, (and) unselfish...
2. Be positive instead of negative by looking for the good in people instead of the bad...
3. Don't exaggerate yourself, your troubles or your problems...
4. Don't be oversensitive...very few people are intentionally cruel and (they) are mentally ill...
5. Develop a sense of humor. Don't take yourself too seriously...
6. Do not let the failures of the past or fears of the future interfere with doing your best today...
7. Don't be idle. Work is the best narcotic for most emotional disturbances...
8. Have faith. Man's experience throughout history shows that those people are happiest who have faith in themselves, in their fellow men and In God.”

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You can obtain copies of these items either by e-mailing the intergroup office or stopping by to ask for it and we will see that you get a copy.

— Carolyn C.
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 to the editor. Contact the editor for more information at editor@aadaytona.org. The editor welcomes your contributions, comments, suggestions and feedback. If you are interested in working on the High 'n Drv. please contact the editor to get involved!

January Anniversaries

NAME	YR	DATE	NAME	YR	DATE	NAME	YR	DATE
5:30 Group			Will H	1	1/25/2020	Ed T	8	1/2/2013
John M	28	1993	Daniel R	1	1/28/2020	Peter	4	1/28/2017
Tom G	26	1/16/1995	High Noon			Ormond Beach Group		
Greg G	9	1/6/2012	Jeri H	46	1/1/1975	Darrell H	7	1/23/2014
Aloha Group			Jamey D	28	1/1/1993	Benji C	2	1/3/2019
Arlene C	29	1/24/1992	Tim G	8	1/1/2013	Bob K	1	1/7/2020
Mike	20	1/1/2001	Lori A	4	1/21/2017	Pass It On		
Laurie F	2	1/22/2019	Hour of Power			Mike	19	1/2002
Catie	1	1/11/2020	Terry Diehl	31	1/28/1990	Jeff Biddle	12	1/10/2009
Roger L	1	1/20/2020	Marsha M	17	1/6/2004	Lou Ann W	5	1/11/2016
Beachside NSB			Margaret K	9	1/10/2012	Peace of Mind		
Patty	27	1/1/1994	Todd S	9	1/20/2012	Dottie C	14	1/14/2007
Karen D	14	1/5/2007	Nora K	7	1/16/2014	Frank B	3	1/8/2018
Choice Is Yours			Danielle S	4	1/6/2017	Riverbridge Group		
Bob D	44	1/1977	Larry R	3	1/3/2018	David W	29	1/17/1992
Don P	43	1/04/1978	Stacey Z	2	1/6/2019	Mark C	16	1/24/2005
Missy	31	1/2/1990	Ruth P	2	1/10/2019	Marie K	15	1/8/2006
Deltona Men's Group			Lee S	2	1/21/2019	Road to Recovery/Osteen		
Eddie O	48	1/1/1973	Erin C	2	1/23/2019	Cheryl B	39	1/8/1982
Frank O	34	1/7/1987	Ian K	1	1/2/2020	Paul M	31	1/10/1990
Sean D	15	1/7/2006	Sam S	1	1/7/2020	Larry	3	1/4/2018
Mike W	6	1/10/2015	Hannah M	1	1/14/2020	Thursday Night Men's		
Chris B	5	1/25/2016	Pete T	1	1/19/2020	Jim H	5	1/2/2016
Donut Group			Rob C	1	1/23/20	Michael D	1	1/2/2020
Missy S	31	1/2/1990	Angela M	1	1/24/2020	Way of Life		
Cindee B	21	1/5/2000	Ladies' Tuesday Night			John M	5	1/15/2016
Nicole R	11	1/8/2010	Joanne	28	1/17/1993	Steve R	4	1/31/2017
Ily L	9	1/10/2012	Dottie	14	1/14/2007	Lonnie W	2	1/4/2014
Hal S	8	1/11/2013	Diane	1	1/30/2020	Logan S	1	1/11/2020
Lori S	8	1/11/2013	Lest We Forget			We Are Alive		
Early Ducks			Phil Blythe	35	1/6/1986	Joni	1	1/10/2020
Dave M	28	1/31/1993	Linda R	14	1/24/2007	DeAnn P	2	1/11/2019
Joe M	25	1/6/1996	Mayra C	3	1/1/2018	Erin L	1	1/22/2020
Cindy C	6	1/10/2015	Carolyn F	1	1/22/2020	Rob C	1	1/23/2020
Leah L	2	1/12/2019	Lifesavers			Wednesday Women's Group		
Happy Hour - DB			Ginny T	36	1/5/1985	Carla J	44	1/10/1977
Tom B	33	1/8/1988	Ed J	33	1/28/1988	Janet McG	41	1/26/1980
Tom D	26	1/18/1995	Yvonne G	30	1/20/1991	Kim C	2	1/21/2019
Sonny	22	1/1/1999	Bruce W	28	1/14/1993	Women's New Beginnings/P.O.		
Donald C	7	1/16/2014	Larry R	3	1/4/2018	Lisa C	4	1/15/2017
Hal	2	1/15/2019	DeAnn P	2	1/11/2019	Tori	4	1/29/2017
Angel C	1	1/4/2020	New Smyrna Beach Group			April	2	1/1/2019
Craig D	1	1/14/2020	Carolyn C	41	1/13/1980	YOLO		
Wendi	1	1/16/2020	Theresa G	17	1/2/2004	Glenn P	3	1/27/2018

Anniversaries Submission Deadline: The 15th of the previous month. Please bring or mail your group's anniversaries to the Intergroup office, or email the list to admin@aadaytona.org.

A. A. Humor

Humility Comes in Many Forms



The Gentleman from Vermont

A FEW months ago, I attended the convention at Montreal, Quebec, Canada. Friday evening, I visited the headquarters in the Mount Royal Hotel. In the salon I started a conversation with an affable gentleman who told me that he originally came from Vermont.

Since Maine and Vermont have many things in common, we continued our talk. Naturally I asked him the stock question of how long he had been dry and he replied, "Fourteen years."

I figured back in my head. That would be 1935, which was about the time Alcoholics Anonymous® was founded.

Thinking this man was either kidding me or trying to tell me politely to mind my own business, I thought I would put him in his place and I replied, "That is nothing. Rip Van Winkle was dry for 20 years."

He smiled very broadly. In fact, I would call it a good New England grin.

Imagine my surprise to later learn that I was talking to Bill W.!

Since then I have been slightly more humble.

— GFG, Waterville, Maine, October 1949
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Out of the Mouths ...

A COUPLE turned up at a friend's house for dinner and the door was opened by their eight-year-old daughter, holding a glass of water.

After the usual polite "good evenings" the little girl, with startled eyes, suddenly held out the glass of water and said to the guest, "will you drink this please?"



"Why?" asked the man.

"Because Mummy said you used to drink like a fish!!!"

— J.B., Hooten, Wirral, December 1950
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A note from the editor

Thank you for the opportunity to carry on Tom L's legacy as editor of High 'n Dry. I'm hoping my belief in Alcoholics Anonymous and our members, along with my editorial experience, will help continue the standard of excellence Tom has established.

I'd like to add a bit of Volusia County localization to High 'n Dry. If you would like to share a story, or interview a fellow A.A.'er for a story, please let me know at editor@aadaytona.org.

We're also looking for volunteers to help fold the High 'n Dry on the last Thursday morning of each month. Please contact admin@aadaytona.org if you'd like to help.

— Mary Ellen

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

From the Archives There Are Worse Things



IT SEEMS, SO THE STORY GOES, that an alcoholic (not necessarily a member of A.A., obviously) had had a very bad slip. When he came to in the town where he found himself, he called loudly for a doctor. And when the doc arrived post haste, our friend explained in considerable detail that alcoholism is a disease, that he was an alcoholic, that he had had a very serious slip, that he was in terrible shape and that he needed help and medication and particularly sedatives — but quick.

The M.D. listened attentively, took many notes and said, "Yes, I can see that you are an alcoholic and that you are badly in need of help. In fact, I am very sympathetic because I too am ill."

"Really," said the dypso, "Are you an alcoholic?" "No," said the doc, looking at his notes, "from the list of symptoms you have given me, I don't appear to be as badly off as that — all I have is tuberculosis."

Since hearing that story from the man who went through that experience, I've been more humbly thankful that AA has given me the courage to change the things I can — and I am thankful that accepting things I cannot change does not embrace a fate worse than being powerless over alcohol.

— Anonymous

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November 2020 Volusia County Intergroup Donations

Group and District Donations: \$989.15

Anniversaries Donations: \$25.00

Anonymous Donations: \$11.00

7th Tradition Donations: \$29.50

In Memory of: \$959.64

Total: \$2,014.29



When sending a donation check, please be sure that your group's name is noted.
Old or used Grapevines may be donated to the Intergroup Office

Changes to the Meeting List

Rebos Club has moved to a new location right across the street from its previous location. The new address is **2140 S. Riverside, #26, in Edgewater, FL.** The New Year's Alcothon will be held there beginning Dec. 31 at 6 pm until 6 pm January 1. Ormond Beach, St. James Episcopal Church, will again hold meetings, Tuesday only, limited attendance. Masks required.

Three Legacies has moved to Palmetto Ave.

The following meetings have been **cancelled**:

- *All meetings* at Lambda Center
- *All meetings* at Grace Lutheran Church, except Friday, 6:30 pm. Masks and temperature checks required.
- Tomoka Group, Lighthouse Church
- Road to Recovery, St. Mary's Episcopal
- Three Legacies, United Methodist Church
- O.B. Bit Book Step Study, Ormond Beach Presbyterian Church
- Miracles Do Happen, St. James Episcopal Church

Physical, ZOOM, or Hybrid?

VOLUSIA COUNTY A.A. MEETINGS are in a state of flux as our groups struggle to meet the demands of the pandemic and the needs of our members.

Groups are opening and closing their doors at a difficult-to-keep-up-with pace. The Volusia County Intergroup Web site is keeping track of the new meetings as the information becomes available.

Whether you're a people hugger, a virtual lover, or a little of both, you can find plenty of meetings.

Go to aadaytona.org/updates/ for the latest meeting information. And if your group has any changes to be noted, please contact Volusia County Intergroup at (386) 756-2930 or our web designer, HughPatrickTech@gmail.com.

DISTRICT NEWS

Monthly District Meetings:

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

District 19: 4th Monday — 6:30 pm, First Cong. Church (Fellowship Hall), 201 W. University, Orange City

District 20: 3rd Sunday — 7 pm, United Church of Christ, 203 Washington St., New Smyrna Beach

District 21: 2nd Tuesday — 6:30 pm, St. James Episcopal Church, 38 S. Halifax Drive, Ormond Beach

District 32: 1st Monday — 6 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 **and get involved!**

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 A.A. world services should always reside in the collective conscience of our whole Fellowship."

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Historical Tidbits

History of the Orlando A.A.

The following articles are excerpted from a booklet titled "History of Alcoholics Anonymous in the Orlando Area". The *italicized* words are my (Jim B's) ad libs to the story, the first from Article III in the booklet.

For about five years, there was one group in Orlando (Orlando Group)... *convenient name right!* Only a few A.A. members in Orange County, Seminole County and Osceola County. Frank M. came from Wildwood and Rich W. (who assembled the 24-Hour book) came from Daytona Beach. Rich W. helped Frank M. get sober. Frank M. found it "easier" to travel to Orlando than travel to Daytona. Frank M. didn't own a car, so Frank would hop a train to travel 50 miles to Orlando. TALK ABOUT GOING TO ANY LENGTHS! *DON'T HOP TRAINS NOW! ... get phone numbers and ask for a ride.*

I do not dispute this story as the authors were much closer to the event and had resources, but they were writing about Orlando History. I shared this story and heard that more often Frank would hop a train ride to a city closer to Wildwood.

In 1948, Frank attended a meeting in Orlando with 15-20 people and the longest sobriety was about one-and-a-half years. *Hey anyone with two years sobriety now? Call yourself an OLDTIMER ... time has changed.*

A final side note to Frank M.'s story is that Frank is still sober and has a car (*noted this statement is from 1986). *I bet Frank had a car before 1986 but glad he was still sober.*

North Florida A.A. History

Gordon J. remembers
(from article VII in booklet)

Navy man Commander C. [Junius Cotton] and Tom S. (featured in movie AA Comes to Jacksonville shown at Oldtimers Dinner). Gordon recalled George S. and Dave A. drove 100 miles from Daytona Beach to Jacksonville for weekly meetings. Soon Daytona had meetings of their own.

Dave A. is credited with starting the first "Orlando meeting". Dave wrote to New York asking for "policies" to observe on April 6, 1944. However, A.A.'s had been meeting Sunday afternoons in Maggie Y's kitchen in Winter Garden early in 1944. In attendance was Gordon J., Tom S. (of Jacksonville), Dave A. and Ernie Y. Later others from Wildwood, Leesburg, Eustis and Mount Dora attended.

Gordon was visiting Tom S. in Jacksonville when Bill W. came to visit looking for active A.A. members to become delegates. Tom S. was the first delegate for North Florida and Gordon J. was the third.

Another tidbit from article VI in booklet

Being strict conformists to the traditions and being fully "self-supporting" as a matter of "pride", they resisted outside aid, but "Family members" (non-A.A.) were allowed the privilege of making coffee for A.A.'s, cleaning up the room and doing whatever work needed to be done, but had to leave the premises before the meeting started.

— Jim B.
Archives