



Okaloosa Island Boardwalk View, Ft. Walton Beach



ODAAT NEWSLETTER

One Day at a Time

The monthly newsletter of District 14 Intergroup

June 2017

Published by District 14 Intergroup 24 Hollywood Blvd SW, Suite 7, Fort Walton Beach, FL 32548 (850) 244-2421 <http://www.fwb-area-aa.org/>. For Comments or Suggestions: News@aadist14.org. The One Day at a Time newsletter is published periodically for your enjoyment and information. The opinions expressed in this publication are those of the editorial staff and contributors not necessarily of the A.A Fellowship as a whole. A.A.® and Alcoholics Anonymous® are registered trademarks of A.A. World Services, Inc.

ALCOHOLICS ANONYMOUS PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help other to recover from alcoholism. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination or politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. (Reprinted with permission of the A.A. Grapevine Inc.)

6th STEP

“Were entirely ready to have God remove all these defects of character.” (Reprinted with permission of the A.A. World Services, Inc.)

6th TRADITION

“An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.” (Reprinted with permission of the A.A. World Services, Inc.)

6th CONCEPT

“The Conference recognizes that the chief initiative and active responsibility in most work service matters should be exercised by the trustee members of the Conference acting as the General Service Board.” (Reprinted with permission of the A.A. World Services, Inc.)

CONTRIBUTING TO THE ODAAT

Submit your article, poem, or artwork for the ODAAT Newsletter. Share your message of experience, strength, and hope. You can write about your personal A.A. stories, things that have inspired you in sobriety, a spiritual awakening, a lesson you’ve learned in sobriety, or even a piece on how the AA promises have manifested in your life. Just tell your story in your own words, written from your heart. Your message is important, and just might save someone’s life!!

Submit to News@aadist14.org. Please include your phone number or email address in case I have questions about your submission. Deadline for articles for the ODAAT is the 3rd Friday of each month. We really look forward to hearing from you.

- Editor

Hello JUNE



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

				1	2	3
4 IG Breakfast 9:30 – Fwsp 11:00 – Spkr Amvets, ValP	5 DCM/GSR Meeting 6:30 P.M. IG Office FWB	6	7	8 Men’s Group Fishing Trip Call Vince M. 850-598-6417	9	10 Men’s Group Fish Fry Clement Taylor Park, Destin 11:30 - 2:30
11	12	13	14	15	16	17
18	19 Integroup Meeting 6:30 IG Office FWB	20	21	22	23	24
25	26	27	28	29	30	

Service Committee Meetings (Held at Central Office 24 SW Hollywood Blvd FWB 244-2421)

- **3rd Saturday of the Months (Jan, Apr, Jul, Oct)**
 - Archives – 9:30am
 - Grapevine – 10:30am
 - Treatment – 11:30am
- **1st Saturday of Every Month at 10:30am**
 - Corrections – 1st Saturday of every Month – 9:30am
 - Public Information/Cooperation with the Professional Community PI/CPC – 11:00am

HAPPY BIRTHDAY!



Cover to Cover Group

Jim C. Jun 12 40 Yrs

Weekenders Group

Linda W. Jun 16 30 Yrs

Dave A. Jun 20 4 Yrs

Honesty Group

Don May 4 36 Yrs

Straight Up Group

Ann L May 25 43 Yrs

Tony T May 2 39 yrs

Dan G May 15 11 Yrs

Julie M May 27 6 Yrs

T.J. May 2 5 Yrs

Wade H May 24 4 yrs

Jonnie c June 17 10 Yrs

Rick O June 10 5 yrs

Smiley June 8 3 Yr

**Men's Group Annual Fishing Trip
& Fish Fry for All AA & ALNON**



Going Fishing: Thursday June 8th, 2017
Call Vince M: 850-598-6417 ASAP to reserve your slot's.
I reserved & prepaid 20 slots at the military/senior/child
rate of \$79.50 tax inc. Please sign up and pay up ASAP

Fish Fry: Saturday June 10, 2017 11:30 - 2:30
Where: Clement Taylor Park Calhoun Drive - Destin
What: Bring a covered dish
MEN'S GROUP WILL PROVIDE FISH
HUSHPUPIES HOT DOGS & HAMBURGERS

We would like to include all birthday announcements in our district ODAAT.

Please send birthday information to news@aadist14.org no later than the 3rd Friday of the preceding month.

Birthday notices received after publication may appear in the following issue.
Thank you.



Anger and Resentment are different

Anger is defined as 'a strong feeling of displeasure and, usually, of antagonism.'
Resentment, on the other hand, is 'persistent ill will...'

Do you see the difference? Anger is that sudden emotion that overcomes us when something goes wrong, or we think something has gone wrong. You know, someone cuts us off in traffic and we're immediately angry. Or someone is rude to us and our reaction is anger. Anger turns into resentment when we allow the anger to become persistent. If, when we're cut off in traffic, we allow our anger to grow so we take some sort of destructive action, like chasing the offending driver, we're into resentment. If, when someone is rude, we let that anger simmer so we're having fantasies of revenge, we're dealing with resentment. Anger is our (mostly) automatic response to a situation; we usually can't control the fact of our anger, but we can control how we behave when anger strikes. Resentment is really a choice we've decided, on some level, or allowed ourselves to stay angry. The Big Book of Alcoholics Anonymous says "Resentment is the 'number one' offender" (p. 64) with good reason. Resentment is always about what someone or something has done to us. A resentment keeps us feeling like a victim. These are exactly the sorts of feelings that build excuses for slips. Accept Responsibility. A more reasonable, effective and spiritual response is to accept at least some responsibility for what's happened - even if it's only accepting responsibility for letting anger build to resentment. As soon as we accept responsibility, we're acting from our own power. As the resentment disappears, we either find the issue wasn't really important after all, or we can begin to take rational, self-supporting steps to remedy the situation. ~ Anne



Just For Fun!

100 FORMS OF FEAR

I C M S E Z C E S T V N N P E
 N G O H S H S S C A M O Z E R
 S F Q M A E E E B I I A A O U
 E V A N M C N U L T L N S P L
 C Y G I C I N K A F G O O L I
 U E J U T D T T C E I V P E A
 R N S R A H N T R I X S Z Z F
 I O V N E O O T M L S H H W D
 T M C D R O F O L E G A L Z S
 Y E I F A B A N D O N M E N T
 A R N T W Z Y C A M I T N I H
 P O R E L A P S E Y D E B T Y
 C Y L I M A F K E E B Y A C W
 V J A T L B N S M K K E V B D
 D E E R G B O D K X D D F T F

One Liners !

“You can always tell an alcoholic, you just can’t tell one much!”

“This may be a suggested program of recovery, but it is also suggested that you pull the ripcord when skydiving”

“When you dance with a gorilla, it is the gorilla who decides when to stop.”

“Rule 62: Don’t take yourself too seriously”

“An alcoholic is an individual who takes the most simple program and works on it until he has reduced it to its most complicated form.”

ABANDONMENT
 ABUNDANCE
 ANGER
 CHANGE
 COMMITMENT
 CONFRONTATION
 DEATH
 DEBT
 FAILURE
 FAITH
 FAMILY
 GREED

INSECURITY
 INTIMACY
 LEGAL
 MONEY
 PEOPLE
 POLICE
 PRIDE
 RELAPSE
 SELFISH
 SICKNESS
 SUCCESS

Year-to-Date Group Donations to InterGroup (through April 30)			
167 Lola Cir Destin 32541	\$50.00	Mossy Head Community Group	\$25.00
87 Stools "N" Bottles Group		Navarre Fellowship Group	\$750.00
Aaction Meeting		Niceville Group	
Beautiful Downtown Baker Group		On Awakening Group	\$910.00
Brown Baggers Group		Page By Page Meeting	
Buster's For Sobriety Group	\$300.00	Powerless Meeting	
Care Group		Promises Group	
CAYA (Come As You Are)		Red Door Group	
Chain Gang AA Meeting		Rise & Shine Group	\$995.00
Corpus Christy Group		Rule 62 Meeting	
Cover To Cover Group		Sat. Night Live Meeting	
Crestview Mon Ngt BB		Saturday Night Serenity	
Crestview Southside Group		Second Chance Group	
Deck-Hands Group	\$500.00	Serenity Sisters (no longer meets)	
Dedication Group	\$435.15	Serenity Group	\$50.00
Destin Group		Sparkle Group	
Destin Saturday Night Group		Straight Up Group	\$400.00
Early Risers - Navarre	\$980.32	Sunday Sunrise Beach Meeting	
Faith Group of Crestview		Sunday Sunset BB Study Group	
First Things First Meeting		Third Tradition Group	
Freeport Troublemakers Group	\$25.00	There Is A Solution	\$97.69
Group 488165		Traditional Group	
Happy Hour Group	\$200.00	Turning Point Group	\$117.47
Honesty Group	\$180.00	Twin Cities Group	
Hurlburt Field, Chapel Group		U-B-U Meeting	
Ladies Drop The Rock Closed Mtg		Unity Group	
Ladies Friday Night Group (candlelight)		Val-P Hope AA Group 161944	\$40.00
Lakeview Group	\$100.00	Wed. Women In Recovery Group	\$80.00
Living Sober Group (Candlelight Group)		Weekenders Group	\$40.00
Lunch Bunch Group	\$210.00	Women's Meeting	
Men's Group	\$233.00	Women's Primary Purpose Group	
Miracle Group		Women's Spiritual Axiom Group	
Mon Nite Big Book Meeting		Women's Sunshine Sisters Meeting	
		Young At Heart Meeting	

It was mentioned at the last InterGroup Business Meeting that some groups are not included in these monthly reports (Sobriety by the Sea and Saint Andrews by the Sea are two). Please forward the pertinent information about these groups to the treasurer.

If there are any questions about, or clarification needed on, any items in this report, please feel free to contact me by text or voice on my cell (850) 217-9149, or by email to rfgrove@cox.net).

Respectfully Submitted,

Bob G, Treasurer

District 14 Intergroup Treasurer Report

April 2017

A summary of Central Office finances for the month is presented below:

April 2017	
Income	
Group Donations	\$1,488.52
Other Donations	\$0.00
Sponsored Activities	\$0.00
GSC Rent	\$0.00
GSC Copier Use	\$0.00
Other Copier Use	\$0.00
Coffee Kitty	\$0.00
Transfer from Prudent Reserve	\$0.00
Total Income	\$1,488.52
Expenses	
Rent, Util, Adv, Answ Svc	(\$959.80)
Telephone, Internet, Cable	(\$128.95)
Copier and Copy Supplies	(\$39.60)
Other Office Expenses	\$0.00
Fees, Licenses, Inspections	\$0.00
Intergroup Functions	\$0.00
Social Functions	\$0.00
Bank Charges	(\$9.94)
Total Expenses	(\$1,138.29)
Previous Balance	\$2,531.95
New Balance	\$2,882.18
Prudent Reserve (Savings)	\$1,904.04
Current Total	\$4,786.22

April 2017	
Group Contributions	
Dedication Group	\$435.15
Happy Hour Group	\$50.00
Lakeview Group	\$100.00
On Awakening Group	\$250.00
Rise & Shine Group	\$180.00
Serenity Group	\$25.00
Straight Up Group	\$400.00
Turning Point Group	\$48.37

Year to date group contributions are shown in the followi



Law of the Garbage Truck

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.' The Law of the Garbage Truck.' He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets. The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so ... Love the people who treat you right. Pray for the ones who don't...Life is ten percent what you make it and ninety percent how you take it! Have a wonderful garbage blessed, garbage----free day!

How Do You See A.A.?

AA is a spirit. It cannot be touched, nor can it be completely understood. It is as wide as the world, yet small enough to fit snugly into the hearts of women and men. It has brought light where only darkness dwelt. It has given hope to those who yearned in despair. It has nourished forgiveness in those that knew no pity. It has given strength to the weak and humility to the strong. It has spurred to higher goals those that strove for nothing. It has taught patience to the hurried and action to the lazy. To youth it has given vision and to the aged promise. To the lonely, companions, and to the restless, rest. To the sick it has been a doctor, and to the dying it has revived the desire to live. It has no judgment against the unteachables, nor has it praise for those who learn. To the outcast it has been a family, and to the childless it has given children. To the ignorant, wisdom, and to the wise, tolerance. It has given to all men and women that which is most precious. It has given a love for truth with enough left over to share.

-Anonymous

ANNOUNCEMENTS



Intergroup Sponsored Monthly Breakfast Meeting

Sunday, June 4, 2017 – Amvets Post 78, 910 Valastics Ave, Valparaiso, FL
– Breakfast & Fellowship (optional) 9:30 – 11:00 (\$6.00). Speaker Meeting begins at 11:00 *Hosted this month by The Rise & Shine Group. Speaker Shannon M.*

2017 AREA 1 CONVENTION Sept 15-17, 2017 – Emerald Coast Convention Center • 1250 Miracle Strip Pkwy SE Fort Walton Beach

Be on the Lookout!

- **Fall Picnic**
- **Halloween Dance**

(More info to come!)



Ask the Magic 8 Ball

“How will I know
if I’m really an
alcoholic?”



Thank you to our Volunteers!

Special Thank you to our Volunteers. This organization would not work without you!

A Special Thanks to the following:

- Intergroup Committee Members who attend the monthly meetings (3rd Monday)
- *Central Office Trusted Servants* – John M., Cliff W., Mark K., Mickey V., Sid S., Marney D., Joe P., Jack D., Tim D., Paul F., Thomas Mc., Mark W., Mike C., John T., Jim M., Jerome, Paul F., Bob L. and Karissa A.
- Dave R. – Website connection & maintenance, Tammei T. – ODAAT editor

TO ALL GROUPS OF DISTRICT 14 – VOLUNTEERS NEEDED!

- **Trusted Servants needed for the Central Office, Contact the Central Office for times needed and to volunteer.**

- Volunteers still needed to carry the message to the Okaloosa County Jail. If interested please contact Vince M. at vmax44@live.com



Learning to Love Myself

A.A. THOUGHT FOR THE DAY

“Alcoholism was a lonely business, even though we were surrounded by people who loved us . . . We were trying to find emotional security either by dominating or by being dependent upon others . . . We still vainly tried to be secure by some unhealthy sort of domination or dependence.”

- As Bill Sees It, P. 252

MEDITATION FOR THE DAY

“When I did my personal inventory I found that I had unhealthy relationships with most people in my life – my friends, my family, for example. I always felt isolated and lonely. I drank to dull emotional pain.

It was through staying sober, having a good sponsor and working the Twelve Steps that I was able to build up my low self-esteem. First the Twelve Steps taught me to become my own best friend, and then, when I was able to love myself, I could reach out and love others. “

- Daily Reflections, (Reprinted with permission of the A.A. World Services, Inc.)

PRAYER FOR THE DAY

“Teach me to take care of myself, so that I will grow to love myself that I may be able to love others and share what I have learned.”

FYI: AA Grapevine is The International Journal of Alcoholics Anonymous.

You can subscribe to receive the Journal on-line or in print by going to the web address below. The cost of the subscription is approximately \$30/year, but much of the information is free on the website.

You can also sign up to receive FREE emails from AA Grapevine with information and inspiration Quarterly, Monthly, and/or Daily.



Important Links:

**District 14 Intergroup
Office**

<http://www.fwb-area-aa.org/>

Grapevine

<http://www.aagrapevine.org/>

World Service

<http://aa.org/>