



Destin, Florida
Destin Bridge (Crab Island)



ODAAT NEWSLETTER

One Day at a Time

The monthly newsletter of District 14 Intergroup

“Insure Your Sobriety”... See Page 7 for details...

September 2017

Published by District 14 Intergroup 24 Hollywood Blvd SW, Suite 3, 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.)

9th STEP

“Made direct amends to such people wherever possible, except when to do so would injure them or others.” (Reprinted with permission of the A.A. World Services, Inc.)

9th TRADITION

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. ” (Reprinted with permission of the A.A. World Services, Inc.)

9th CONCEPT

“Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.” (Reprinted with permission of the A.A. World Services, Inc.)

CONTRIBUTING TO THE ODAAT

Share your message of experience, strength, and hope. Submit your article, poem, or artwork for the ODAAT Newsletter. 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!!*** Group activities of interest to the district may be submitted as well.

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.

- Next Time

september

I once heard a sober alcoholic say that drinking never made him happy, but it made him feel like he was going to be happy in about fifteen minutes. That was exactly it, and I couldn't understand why the happiness never came, couldn't see the flaw in my thinking, and couldn't see that alcohol kept me trapped in a world of illusion, procrastination, and paralysis. I lived always in the future, never the present. Next time, next time! Next time I drank it would be different, next time it would make me feel good again. And all my efforts were doomed, because already drinking hadn't made me feel good in years.

- Heather K.

Keep It Simple

Love is something if you give away, you end up having more.

--- *Malvina Reynolds*

Service is how we give love away. It's the "self" of self-help. Service is not a duty; a gift that's been given to us. We help ourselves by helping others. It's how we make sure the program will be here tomorrow. We "carry the message." It's just one way we see how important we are to others. The world needs us. The world needs our love.

Prayer for the Day: I pray for help in making service a big part of my program. Higher Power, help me to "carry the message."

Action for the Day: Which people could use a kind word and a little love? I will go visit them or give them a call.



Val P Hope Group

John L. Sep 18 Yrs

Faith Group

Sandy C. Sep 25 Yrs
 Monica S. Sep 24 Yrs

Rise and Shine Group

Joe P. Sep 15 9 Yrs
 Mike P Sep 30 3 Yr

Honesty Group

Tom G. Sep 5 26 Yrs
 Nancy R. Sep 27 32 Yrs

Mossy Head Group

Donna M. Aug 23 4 Yrs

Straight Up Group

Chris D. Sep 10 10 Yrs
 Donna W Sep 29 7 Yrs
 Bob G. Sep 22 6 Yrs
 Marti B. Sep 7 5 Yrs
 Gus H. Sep 15 5 Yrs
 Katie S. Sep 28 4 Yrs
 Stephanie J. Sep 29 3 Yr

Deckhands Group

Nikki Aug 3 Yr
 Melanie Aug 5 Yrs
 Evan Sep 3 Yr
 Cheryl Sep 32 Yrs

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.

- Editor ODAAT



Just For Fun!

Big Book Trivia Question: Where is the birth place of Alcoholics Anonymous? (Find the answer on page 7.)

"Life isn't always a bowl of cherries, some-times it's like a jar of jalapenos - what you do today might burn your butt tomorrow."

Rewards of Sobriety

*Peace Courage Faith Clean
Friendship Respect Freedom Hope
Self-Confidence Clean-Conscious
Self-Respect*

_____ instead of despair.

_____ instead of fear.

_____ instead of

desperation.

_____ of mind instead of
confusion.

Real _____ instead of
loneliness.

_____ instead of self-
contempt.

_____ instead of
helplessness.

A _____ instead of a sense
of guilt.

The _____ of others instead
of their pity and contempt.

A _____ pattern of living
instead of a hopeless existence.

The _____ of a happy life
instead of the bondage of an
alcoholic obsession.



A girl working with her sponsor asked "Where can I read about my sex problems?" Her sponsor said, "That's covered on page 69." Later at home the page number got jumbled as she tried to remember and she turned to page 96 for her sex problems. "Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you."

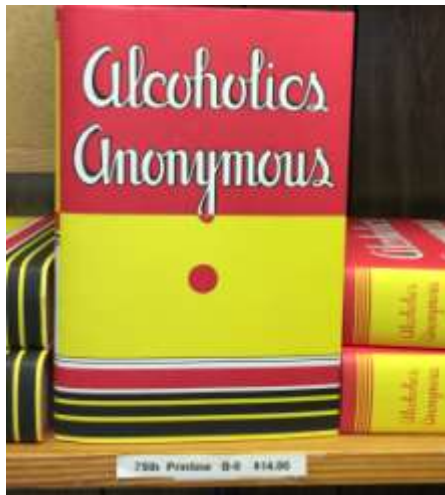
Answers on Page 6

Looking for a Book?

Come in to the Central Office to see the complete line of A.A. Approved books available for purchase!

Rewards of Sobriety (Answers)

Faith
Courage
Hope
Peace
Friendship
Self-Respect
Self-confidence
Clean-conscioous
Respect
Clean
Freedom



Answer to the Big Book Trivia question: The first meeting of Alcoholics Anonymous occurred in Akron, Ohio. Today you can find a meeting in almost any country in the world.



Thank you to our Volunteers!

This organization would not work without you!

“Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.”

– Alcoholics Anonymous, p. 89

TO ALL GROUPS OF DISTRICT 14 – VOLUNTEERS NEEDED!

- **Trusted Servants needed for the Central Office!!** Contact the Central Office ((850) 244-2421) or stop by 224 Hollywood Blvd SW, Suite 3, Fort Walton Bch. for times needed and to volunteer.

A.A. THOUGHT FOR THE DAY

Insecurity

The most common symptoms of emotional insecurity are worry, anger, self-pity, and depression. These stem from causes which sometimes seem to be within us, and at other times to come from without. To take inventory in this respect we ought to consider carefully all personal relationships which bring continuous or recurring trouble. It should be remembered that this kind of insecurity may arise in any area where instincts are threatened.

- Twelve Steps and Twelve Traditions, p. 52, (Reprinted with permission of the A.A. World Services, Inc.)

MEDITATION FOR THE DAY

Blindly rushing in to hack away at character defects will not speed recovery and may actually slow it down. My Higher Power knows the right time to reveal the life-producing parts of me, and if I have patience, I will know clearly what parts need to be cut away.

- Thank You For Sharing, p. 191, (Reprinted with permission of the A.A. World Services, Inc.)

PRAYER FOR THE DAY

“Please Lord show me how to maintain patience, peace and persistence in my recovery process. Thank you for the recovery opportunities A.A., the Steps and my Sponsor have given me. Help me to continue to make the right choices in my recovery. *Amen*”

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/>