



ODAAT

NEWSLETTER

One Day at a Time



OCTOBER 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.)

10th STEP

“Continued to take personal inventory and when we were wrong promptly admitted it.”
(Reprinted with permission of the A.A. World Services, Inc.)

10th TRADITION

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.” (Reprinted with permission of the A.A. World Services, Inc.)

10th CONCEPT

“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.” (Reprinted with permission of the A.A. World Services, Inc.)



From The Grapevine, October 1963

FROM THE ODAAT EDITOR

Contributing to the ODAAT



Writing for the newsletter is a rewarding way to contribute to and enhance your own recovery. We encourage each group to submit content of interest for consideration for inclusion.

Submit your article, poem, or artwork for the ODAAT Newsletter. Share your message of experience, strength, and hope. You can write about your personal “before and after AA” 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. And remember, this newsletter would not exist without your input.

Submit to news@aadist14.org. Please include your phone number or email address in case I have questions about your submission.

Thank you. Deadline for articles for the ODAAT is the end of each month. I really look forward to hearing from you.

- Editor



HAPPY OCTOBER BIRTHDAYS!

Women's Primary Purpose Group

Kathy T.	10 years
Suzy S.	8 years
Deane	4 years

Straight Up Group

Vicki GS	October 6, 1985	32 years
Ron H.	October 19, 1980	37 years
David M.	October 1, 2016	1 year
Fiona	October 10, 2016	1 year
Jean	October 15, 2016	1 year

Upon Awakening

Ed. L. 10-30-1987 30 Years

Other Birthdays

We've received numerous inquiries asking why all birthdays have not been published. Please ask your home group's secretary to send us the current birthdays and we'll be happy to include them.

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.



From The Grapevine, October 1963

SERENITY, Courage and Wisdom might be termed the Three Fruits of AA Sobriety. They are the result, ordinarily, of sustained effort and progress in practicing the program. Some expect them right away, sometimes merely for the asking, but they are, in a sense, rewards to be earned and they do not rank high on a list headed by First Things First. Near the top of that tabulation we might find the Three H's, Honesty, Humility and Helpfulness, the Three Elements of AA Sobriety.

While physical sobriety is often attained early, in some cases immediately upon first contact with AA, the enduring sobriety of good quality and continued growth is dependent upon the acquisition in at least reasonable amounts of the Three Elements.

It is often said that a personality change is essential to substantial growth in AA. Many will agree that the average alcoholic is endowed, in varying proportions, with the antitheses of the three elements: dishonesty, arrogance, and selfishness.

While we may not have rifled the company cash drawer, did we not do violence to "swindle sheets" hide bottles, minimize the number of our drinks, assure ourselves that "Next time it will be different" and "I can handle this myself" when we should have known from experience that we were not being honest with ourselves?

Were we not arrogant and intolerant, impatient of "inefficiency" and "stupidity?" Did not some of us have the "big-shot" complex and did we not tell people off when "they had it coming to them?"

If we were not selfish, were we not at least self-centered, putting the emphasis on getting rather than giving? What did we contribute to our community or circle of friends? What effort did we make to improve the tiny area of the world which we inhabited? How considerate were we of that faithful slave who shopped and cooked to have dinner ready at six o'clock?

A careful inventory will probably reveal that we had more than our fair share of the opposites of those Three H's. This then is the basis of the personality change, the elimination of those defects of character supplanting them with Honesty, Humility, and Helpfulness.

Honesty is a simple enough word but it evidently means different things to different people and to the same person at different times because our personal standards can rise or deteriorate. It may take time to see that resulting material advantage is no justification for compromise with honesty. Honesty does not mean that we must at all times and in all places tell everything we know (which is quite different from denying it) but the real test of honesty comes when the chips are down, when embarrassment or material loss may follow from telling the truth. Shortly after coming into AA we may have one standard of performance, but a few years later we may have a more rigorous notion of what constitutes a fair statement about a neighbor or fellow employee, or a fair day's work, or a just charge for a job performed. Such appraisals may not have entered into our consciousness when we were drinking but if they are being extended gradually to "all our affairs" we are making progress indeed.

Humility is the source of some confusion to newcomers, but if it be divested of its erroneous doormat connotation and construed simply as "a modest estimate of our own worth" it may then be seen as a desirable attribute of character that merits cultivation. It is possible to say almost anything in several different ways. We can make reference to our talents and accomplishments in a spirit of braggadocio or we can mention them with good humor and restraint to an audience that will be more sympathetic and believing. Sincere humility makes the difference.

Helpfulness is often taken to mean 12th Step work, but if we keep referring to the concept of "all our affairs" it will be seen that we have in truth been given new worlds to conquer.

David Dunn, a business consultant, said that he was "brought up to look upon life as a business of *getting*" but a few years ago he wrote a little book entitled "Try Giving Yourself Away."^[1]

About 25 years ago, while he was lying in his berth en route from Chicago to New York, he fell to wondering where the eastbound and westbound sections of the Twentieth Century Limited pass each other in the night. He thought that "Where the Centuries Pass" would be an interesting subject for an advertisement and the next morning he wrote a letter to the New York Central Railroad presenting the idea "with no strings attached." The Central used the idea in a now famous calendar and the next year David Dunn got "a glow of pleasure" whenever he saw "his" calendar hanging in many hotels and railroad stations here and abroad.

The experience prompted Dunn to cultivate giving, not money, but of himself, with no strings attached and no hope of rewards, though dividends followed in many unexpected ways. His book gives many examples and emphasizes the little things such as the compliment to the store proprietor on his newly decorated window or the newspaper clipping sent to a friend or stranger who might find it useful. The author states that we can multiply the acceptability of our giving away by three: friendly spirit, timeliness (usually right now), and enthusiasm. He says:

"I recommend giving away as an exciting and thoroughly satisfying hobby. In fact, if you will give it a good try, I'll practically guarantee you a happier life. . .starting right away."

Is there something here that we can use every day to enrich the program we are practicing? If we have as constant hobby the thought of others, the desire to spread a little happiness, the effort to be helpful in innumerable little ways, can we at the same time be selfish, self-centered, arrogant?

To newcomers particularly the idea of a personality change may be difficult to grasp. It has a complex psychiatric sound. But how simple is the concept of Honesty, Humility, and Helpfulness, the Elements of AA Sobriety. . .

*Anonymous, Scarsdale, New York
From The Grapevine*

¹*The Updegraff Press Ltd., Scarsdale, N. Y.

BOOK FUND FINANCIAL STATEMENT

08/21/17 - 09/18/17

INCOME

STARTING BALANCE

Amount Date
\$ 2,309.61 08/21/17

Income Deposit

\$ 380.99 08/31/17

Income Deposit

\$ 526.06 09/11/17

Income Deposit

Income Deposit

Income Deposit

TOTAL INCOME THIS PERIOD

\$ 907.05

BALANCE + INCOME

\$ 3,216.66

EXPENSES

SERENE MACHINE

FL Dept of Revenue

\$ 73.31

Svc Chg

AAWS (BKS PHAMPLETS)

WENDELLS

TOTAL EXPENCE THIS PERIOD

\$ 73.31

ENDING BALANCE

\$ 3,143.35

Report Respectfully Submitted By: Clif W., Book Fund Chairman



ALCOHOLISM TAKES A HOLIDAY

Guest editorial . . . Inaugurating a new feature this month is Al S., an AA from Long Island, 15 years sober, a former Grapevine editor.

INSTEAD of New Year resolutions, let's rewrite twelve holidays in a familiar AA pattern . . .

Labor Day . . . Having worked long and hard at becoming alcoholics, we rested from our fruitless labors.

Columbus Day . . . Discovered, in AA, a new world and got a glimpse of new horizons of hope.

Hallowe'en . . . Saw the grotesque masquerade our lives had become and had an honest desire to unmask our true selves.

Election Day . . . Elected to let somebody else govern our wills and try, as best we could, to follow the AA way of life.

Thanksgiving . . . Found we soon had much to be thankful for. We felt gratitude, and it felt good.

Christmas . . . Unable to account for the miracle of our sobriety by mortal means, we began to understand that a Higher Power is indeed at work among us.

New Year's . . . Having had a spiritual awakening, we made no resolutions of self-will; instead, we prayed only for knowledge of God's will and the power to carry that out.

Lincoln's Birthday . . . Came to understand the power and dignity of humility.

Washington's Birthday . . . Became willing to be honest not only with others, but with ourselves.

Easter . . . Felt, personally, the reality of resurrection. For we, too, had died. And been reborn.

Memorial Day . . . Instead of trying to forget our dead pasts, we learned to honor them. For, through our own experiences, God has made us useful to the next fellow who needs help.

4th of July . . . Experienced our own Declaration of Independence. By the Grace of God, and in His service, we are, at last--free men and women.

From The Grapevine, January 1959

I WAS A REAL SPOOK

It was the year before AA. The time: Halloween. I was filled with the Halloween spirit and assorted other spirits. We have an old children's tradition out here called trick-or-treat. Perhaps some of you don't know about it. The kids dress up in spook or ghost garbs and go bum the neighbors for candy, cookies and other "goodies" on Halloween. That's the treat. If you don't shell out, they are supposed to turn over your outhouse or soap your windows or throw grandpa down the well or some other harmless little "tricks."

Being filled (loaded) with the Halloween spirit as I mentioned, I decided to become a ghost and go "trick or treating" all by myself. I had no desire to upset anybody's powder-room nor did I want any "goodies." It was just that I was all alone--as usual; lonely--as usual; loaded as usual and full of nutty ideas--as usual. Soooooo, I took one of my best and newest and the most costly sheets, cut two "eyeholes" about midships, painted black rims around the holes and put it on. On top I pinned a few false curls where my head was supposed to be and started out for my nearest neighbor's.

Before I arrived I lost my nerve and the "spirits." I went back home to refuel which took quite a while as I'd emptied the tank, consequently I didn't arrive at said destination until midnight--the witching hour. Surely all decent, normal, ghosts are going home at this hour--sober ghosts that is. I rang the neighbor's bell, even so. My neighbor opened the door, hardly looking at me as I stood without sound, my curls gently bobbling, and she said, "Come on in, M., you idiot!"

"How did you know who it was?" I asked.

"I smelled you," she sniffed. "And it was no trick either."

She did fill up the large triple-shot glass I carried beneath the sheet and, shortly, I passed out in the middle of my neighbor's living-room floor--still sheeted and two sheets to the wind. What's more they nearly snatched me bald-headed trying to get the sheet off me before I suffocated. I had accidently pinned the false curls, the sheet and my own hair together, very firmly. I must have been a lovely sight lying there beneath that sheet. It must have been difficult to refrain from calling the undertaker.

Sometimes this memory spooks me when Halloween rolls around. But I have learned that there are times when it is best to "let sleeping ghosts lie."

AA has shown me a way to clean a lot of skeletons out of my closets and I know that those that are left don't stand a ghost of a chance as long as I am working the AA program one day at a time--attending meetings regularly and trying to help other alcoholics. Alcoholics, just like me, who don't think they have a ghost of a chance of staying sober, any more than I did before AA.

*M. U., Brighton, Colorado
From The Grapevine, October 1965*

District 14 Intergroup Treasurer Report September 2017

A summary of Central Office Finances is presented below:

District 14 Intergroup Treasurer Report

August 2017

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

August 2017	
Income	
Group Donations	\$820.00
Other Donations	\$0.00
Sponsored Activities	\$6.00
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	\$826.00
Expenses	
Rent, Util, Adv, Answ Svc	(\$945.29)
Telephone, Internet, Cable	(\$196.34)
Copier and Copy Supplies	(\$52.31)
Other Office Expenses	\$0.00
Fees, Licenses, Inspections	\$0.00
Intergroup Functions	\$0.00
Social Functions	\$0.00
Bank Charges	(\$2.99)
Total Expenses	(\$1,196.93)

August 2017	
Group Contributions	
Deck-Hands Group	\$400.00
Rise & Shine Group	\$400.00
Southside Group	\$20.00

Receipts from the June Alkathon were not available at the time this report was prepared. Year to date group contributions are shown in the following table.

Year-to-date donations by Group are shown in the following table.

Year-to-Date Group Donations to InterGroup (through August 31)			
167 Lola Cir Destin 32541	\$50.00	Mossy Head Community Group	\$50.00
87 Stools "N" Bottles Group		Navarre Fellowship Group	\$750.00
Aaction Meeting		Niceville Group	
Beautiful Downtown Baker Group	\$100.00	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)	\$150.00	Red Door Group	
Chain Gang AA Meeting		Rise & Shine Group	\$2,185.00
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	\$1,200.00	Serenity Sisters (no longer meets)	
Dedication Group	\$435.15	Serenity Group	\$100.00
Destin Group	\$300.00	Southside Group	\$20.00
Destin Saturday Night Group		Sparkle Group	\$50.00
Early Risers - Navarre	\$1,440.32	Straight Up Group	\$400.00
Faith Group of Crestview		Sunday Sunrise Beach Meeting	
First Things First Meeting		Sunday Sunset BB Study Group	
Freeport Troublemakers Group	\$25.00	Third Tradition Group	
Group 488165		There Is A Solution	\$197.69
Happy Hour Group	\$250.00	Traditional Group	\$225.00
Honesty Group	\$180.00	Turning Point Group	\$117.47
Hurlburt Field, Chapel Group		Twin Cities Group	
Ladies Drop The Rock Closed Mtg		U-B-U Meeting	
Ladies Friday Night Group (candlelight)		Unity Group	
Lakeview Group	\$100.00	Val-P Hope AA Group 161944	\$40.00
Living Sober Group (Candlelight Group)	\$40.00	Wed. Women In Recovery Group	\$80.00
Lunch Bunch Group	\$285.00	Weekenders Group	\$40.00
Men's Group	\$367.20	Women's Meeting	
Miracle Group		Women's Primary Purpose Group	\$50.00
Mon Nite Big Book Meeting		Women's Spiritual Axiom Group	
		Women's Sunshine Sisters Meeting	

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

Respectfully submitted by

Bob G, Treasurer

Please when making a donation, be sure that your name and your group's name are on the envelope. Thank you.

DISTRICT 14 INTERGROUP MONTHLY BREAKFAST

HOSTED BY: Deckhands Group

Speaker – Patti J., Sobriety Date 7/1/1992

SUNDAY, October 1st 2017 AMVETS POST 78
910 VALASTICS AVE. VALPARAISO, FL

BREAKFAST & FELLOWSHIP From 9:30 AM—11:00
AM Meeting starts at 11:00 AM BREAKFAST \$6.00
(OPTIONAL



ON THE 10th STEP...

"Continued to take personal inventory and when we were wrong promptly admitted it."

This step is really an extension of the 4th Step. It is the "follow through" on that long list of things that we put down on paper after reading the 4th Step. The new twist is the part about "*when we were wrong promptly admitted it.*" The going may get a little tough when we try to put this Step into practice.

It's easy to write down our good qualities and our bad qualities honestly if it's done privately and we are sure nobody else sees it. If we are honest, the list of bad qualities will be very much longer than the list of good qualities. If we are trying honestly to live the A.A. program, we try to do something about that longer list. We make resolutions. We plan to "turn over a new leaf." Then, unfortunately for most of us, we tear the list into tiny pieces, burn it and carefully bury the ashes.

Admission of an unkind remark to someone or of a persistent feeling of resentment is an overt act which means a growing maturity. And it *is* a matter of a person's emotional maturity. Perhaps a better word would be childishness. How often have we acted like a child when we should have acted like a man?

A man admits his mistakes and tries to make amends; a child pouts. As problem drinkers, we were problem children. As problem drinkers, we sought to escape the consequences of voluntarily childish acts through alcohol. As arrested alcoholic cases, we must learn to face reality and responsibility for our acts if we are to "stay on the beam."

The 10th Step is simply a device we use in attaining maturity. None knows better than we how hard it is to admit to our wife, or our boss, or our friends that we have been wrong about so many things. And yet, if we follow this device and make our admissions *promptly* we go a long way towards attaining the maturity necessary to a happy sobriety.

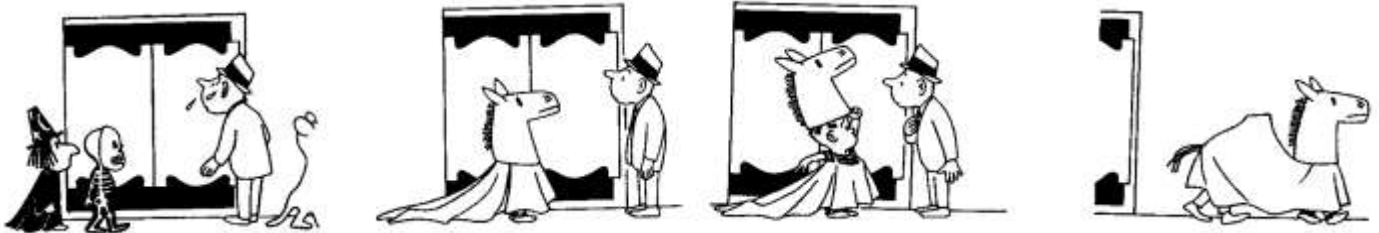
In a way, this Step is tied to those old standbys in A.A., tolerance and humility. To admit that we were wrong is truly to show humility; to revalue our own importance is truly to be humble. If we are trying to be tolerant, we are trying to understand the other fellow's point of view. And if we understand his point of view, we are much less likely to treat him unkindly.

To "*continue to take personal inventory*" means to know ourselves. It's so easy--and so human, too--to feel a little proud of our sobriety at times. How often have we said to ourselves: Poor old Willie! He was so drunk at the office party. What an ass he made of himself! What makes him so stupid? Why doesn't he get smart and come into A.A.? We, of course, didn't do anything wrong at the party. We were sober. We are quite a wonderful fellow! Oh, brother, are we the big A.A.!

This type of thinking is very dangerous. As a matter of fact, lots of persons at the office party probably thought that we were becoming a very stuffy individual. If we were smart, we would thank God that we were able to live through the office party without drinking. If we were honest, we would get down on our knees and thank God that we found A.A. And, as for criticizing Willie! We should try to secure our own sobriety by helping Willie instead of kicking him around.

The 10th Step is really a reminder. It reminds us to be alert about ourselves. It reminds us that we are only an arm's length from a drink and a slip. It is a very important step. We would do well to learn its implications.

*J.T., Greenwich Village, New York City
From The Grapevine*



From The Grapevine, October 1972

Important Links:

District 14 Intergroup

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

Grapevine

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

World Service Office

<http://aa.org/>

