



Santa Rosa Island, Ft. Walton Beach



ODAAT NEWSLETTER

One Day at a Time

The monthly newsletter of District 14 Intergroup

May 2015

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: EditorODAAT@gmail.com. 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.)

5th STEP

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.” (Reprinted with permission of the A.A. World Services, Inc.)

5th TRADITION

“Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose* – that of carrying its message to the alcoholic who still suffers.” (Reprinted with permission of the A.A. World Services, Inc.)

5th CONCEPT

“At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.” (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 EditorODAAT@gmail.com. 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

2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Area Convention Committee Meeting *
3 <i>IG Breakfast Meeting Val-P AMVETS 9:30am</i>	4 <i>GSR Val-P AMVETS 6:30pm</i>	5	6	7	8	9
10	11	12	13	14	15 5 th Annual Sunshine Convention*	16 5 th Annual Sunshine Convention*
17 5 th Annual Sunshine Convention*	18 <i>Intergroup Mtg Central Office 6:30pm</i>	19	20	21	22	23
24	25	26 Dedication Group 55 th Anniversary *	27	28	29	30 Paddle on the Blackwater River *
31						

**See announcement section page 7 for details*

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 – 10:30am

HAPPY BIRTHDAY!

Weekenders Group

Terri T.	Apr 3	12 Yrs
Marcia M.	May 13	24 Yrs
David W.	May 19	29 Yrs

Women's Primary Purpose

Gail G.	Apr	7 Yrs
Barbara M	May	4 Yrs
Dawn O.	May	9 Yrs
Kimberly T.	May	32 Yrs
Leta K.	May	40 Yrs

Emerald Coast Young People's

Justin B.	May	4 Yrs
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Thursday Night Men's Group

Tony F.	May	13 Yrs
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Beautiful Downtown Baker Group

Ted P	Apr 1	17 yrs
Debbie L	Apr 30	3 Yrs

Sunday Sunset BB Study Group

Joni K	May 30	13 Yrs
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Straight Up Group

Rise and Shine Group

Eddie Y.	Apr 22	3 Yrs
Ed W.	Apr 23	3 Yrs

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

Please send birthday information to editorodaat@gmail.com no later than the 3rd Friday of the preceding month.

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

“TAKING THE RIGHT ACTION”

Maybe the proof of taking right action despite my thinking and the desire to sit on my pity pot some-times is the remarkable results that come when I pick up the phone and ask for help. I have over-heard many times that “God never gives us more than we can handle.” I believe that to be true be-cause I have learned that the truth in that statement is in the fact that He never gives us more than we can handle provided we are willing to seek and accept help. When I began exploring a possible move to fulfill a dream and called four friends that I have made in meetings over the years, within a few hours I had more than a dozen friends helping me realize the dream. All because I took the action as I have learned to do over several years, and trusted that God would reveal His plan as I trudged His road. Faith means believing that God can. Trust means knowing that God WILL! Pro-vided that we ask for the help we need. Whether we want to or not.

-Kane C.



***ALCOHOLICS ANONYMOUS IS LIKE AN ADJUSTABLE
WRENCH—IT FITS ALL NUTS.***

JUST FOR FUN

An elderly man is stopped by the police around 1 am. and is asked where he is going at this time of night. The man replies, "I am going to a lecture about alcohol abuse and the effects it has on the human body". The officer then asks, "Really? Who is giving that lecture at this time of night?" The man replies, "My wife."



"Okay, so I'm powerless over alcohol, so what makes you think my life is unmanageable?"

A drunk looked more long-faced than usual so the bartender asked him what was wrong. The drunk told him he had parted ways with his fiancée. The bartender inquired further, "What happened?" The drunk answered, "Would you want to marry someone who was a liar and a cheat?" The bartender understood, "Of course not!" The drunk explained: "Well, neither did my fiancée."

ANNOUNCEMENTS



Area Convention Committee Meeting – May 2 at 1:00pm at the Camel Club
– To Discuss EVERYTHING about the convention. Come if you can!

Dedication Group – 55th Anniversary – !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Tuesday, May 26, 2015, Wright Baptist Church, rear entrance, 795 Beal Parkway, Ft. Walton Beach.

(Eating starts at 6:15pm followed by Anniversary Celebration/open discussion meeting. Menu: Fried Chicken, side dishes & desserts. Please bring a covered side dish or dessert.)

5th Annual Sunshine Convention -

May 15-17, 2015 – Community Center, 1446 Commerce Drive, Crestview, Florida (More Information & Registration Forms available at the Central Office)

Saturday Paddle on the Blackwater River

May 30, 2015 – 10:00am, Blackwater Canoe Rental. Flyers are available at the central office. For more information and to RSVP contact Mark B. (850) 496-1715 or Frank c. (850) 758-2890.

2015 International Convention of Alcoholics Anonymous -

July 2-5, 2015 – Atlanta, GA. Registration/hotel information available at aa.org. Volunteer opportunities available (see below).

Be on the Lookout!

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

(More info to come!)



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, Cheryl A. – 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

2015 International Convention of A.A.

- July 2-5, 2015 – Atlanta, GA. Volunteer information is available at www.aageorgia.org/international.html Questions? Email atl2015training@gmail.com



TOO MANY MEETINGS

Over the years I've heard that there may be such a thing as too many meetings. Can this be true? As in so many things, especially with we alcoholics, our history is our greatest asset! We arrived at the doors of AA with an intensive and lengthy history of things that **do not** work. Today, in AA and in recovery, our history has also added an intensive and lengthy history of things that **do** work.. This being said, the argument of too many meeting still hasn't been addressed. We've heard of members who claim they attend four meeting a day, everyday, without fail, for years. Can it then be said that their affliction is now meetings and not recovery? Isn't the idea lost that we will once again become useful members of society if all we do is attend meetings? On the other hand we hear of members who only attend one meeting a week or once every couple of weeks, or less. Then we worry about them, after all, haven't we heard that biggest reason someone went back out drinking is that they stopped going to meetings? Lack of meetings is walking on thin ice or standing on dangerous grounds. Both examples may be extreme, but point being, our individual sobriety is just that, personal. First and foremost it takes what it takes to stay sober. The idea of too many meetings is preposterous! If you look around the rooms of AA, you'll see the old timers still sitting there. Newcomers, heed their experience, strength and hope. Ask them to sponsor you for surely they are the winners. And if they say. "Try 90 meetings in 90 days", do it. They know what it takes to live life without the drink and to live and enjoy each day as it arrives. So, if a newcomer asks "How many meetings should I attend, The old timer just might respond, "Gradually cut back until you drink. Then you'll know."

Anonymous

District 14 Intergroup Treasurer Report
March 2015

A summary of Central Office Finances is presented below:

March 2015	
Income	
Group Donations	\$912.25
Other Donations	\$0.00
Sponsored Activities	\$314.65
GSC Rent	\$158.00
Hill Realities (1/3 Gulf Power)	\$145.00
GSC Copier Use	\$0.00
Other Copier Use	\$7.00
Total Income	\$1,536.90
Expenses	
Rent, Util, Adv, Answ Svc	(\$1,016.23)
Telephone, Internet, Cable	(\$186.14)
Copier and Copy Supplies	(\$46.38)
Other Office Expenses	(\$260.17)
Fees, Licenses, Inspections	\$0.00
Intergroup Functions	(\$247.00)
Social Functions	\$0.00
Bank Charges	(\$2.99)
Total Expenses	(\$1,758.91)
Previous Balance	\$2,199.07
New Balance	\$1,977.06
Prudent Reserve (Savings)	\$4,893.29
Current Total	\$6,870.35

March 2015	
Group Contributions	
Cover To Cover Group	\$100.00
Early Risers - Navarre	\$200.00
Faith Group of Crestview	\$61.25
Lakeview Group	\$50.00
Miracle Group	\$24.00
Navarre Fellowship Group	\$150.00
Rise & Shine Group	\$145.00
Serenity Sisters (final donation)	\$182.00

Cox Communications	
Internet	(\$58.90)
Telephone	(\$45.00)
Cable	(\$54.00)
Taxes, fees, and surcharges	(\$28.24)
Total	\$186.14

The Alkathon financial summary is presented in the following table.

Alkathon	
Conferencr Room Rental	(\$60.00)
Group Food Allotment	(\$125.00)
Supplies	(\$62.00)
Alkathon Expense	(\$247.00)
7th Tradition	\$93.15
Book Raffle	\$58.00
50-50 Raffle	\$103.50
Unused food allotment	\$20.00
Total Alkathon Income	\$274.65
Alkathon Profit (Loss)	\$27.65

Group contributions are shown in the following table. Total contributions so far this year are \$271.94 less than last year at this same time.

Year-to-Date Group Donations to InterGroup (thru 8 April)			
87 Stools "N" Bottles Group	\$ -	Navarre Fellowship Group	\$ 150.00
Aaction Meeting	\$ -	Niceville Group	\$ -
Anchor Group I	\$ -	On Awakening Group	\$ 450.00
Beautiful Downtown Baker Group	\$ -	Open Fifth Group	\$ -
Brown Baggers Group	\$ 411.50	Page By Page Meeting	\$ -
Buster's For Sobriety Group	\$ -	Powerless Meeting	\$ -
Care Group	\$ -	Promises Group	\$ -
Chain Gang AA Meeting	\$ -	Red Door Group	\$ -
Cover To Cover Group	\$ 100.00	Rise & Shine Group	\$ 365.00
Crestview Mon Ngt BB	\$ -	Rule 62 Meeting	\$ -
Crestview Southside Group	\$ -	Sat. Night Live Meeting	\$ -
Deck-Hands Group	\$ 150.00	Saturday Night Serenity	\$ -
Dedication Group	\$ -	Second Chance Group	\$ -
Destin Group	\$ 200.00	Serenity Sisters (no longer meets)	\$ 182.00
Destin Saturday Night Group	\$ -	Sparkle Group	\$ 50.00
Early Risers - Navarre	\$ 400.00	Straight Up Group	\$ -
Faith Group of Crestview	\$ 61.25	Sunday Sunrise Beach Meeting	\$ -
First Things First Meeting	\$ -	Sunday Sunset BB Study Group	\$ -
Freeport Troublemakers Group	\$ -	Third Tradition Group	\$ -
Group 488165	\$ -	Traditional Group	\$ -
Happy Hour Group	\$ 100.00	Turning Point Group	\$ -
Honesty Group	\$ -	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 Group 161944	\$ -
Lakeview Group	\$ 50.00	Wed. Women In Recovery Group	\$ -
Living Sober Group	\$ -	Weekenders Group	\$ 55.68
Lunch Bunch Group	\$ 126.00	Women's Meeting	\$ -
Men's Group	\$ -	Women's Primary Purpose Group	\$ 50.00
Miracle Group	\$ 24.00	Women's Spiritual Axiom Group	\$ -
Mon Nite Big Book Meeting	\$ -	Women's Sunshine Sisters Meeting	\$ -
Mossy Head Community Group	\$ 20.00	Young At Heart Meeting	\$ -

Respectfully submitted by

Bob G, Treasurer

Honesty

A.A. THOUGHT FOR THE DAY

One of my continuous actions today is to make living amends to my families. In my experience in early sobriety, I often found myself acquiring "new" knowledge, and then the compulsion to share it. For example, I would learn something about children and their growth stages. Then, when I'd spend time with my sister's family, I'd share this information. "Share" is a kind way of putting it. Really, it often came out as criticism or grandstanding as a way to make myself feel better. Today, I often caution myself when I feel compelled to say something; I have to pause and ask myself if I am looking to avoid an uncomfortable feeling that is best shared honestly. Keeping my uncomfortable feeling to myself, and then compulsively acting to numb myself, just increases the amends I need to make and keeps me spiritually sick. – Erik K.

MEDITATION FOR THE DAY

The Program's Fourth Step suggests that we make a searching and fearless moral inventory of ourselves. For some of us, this is the most difficult step – facing ourselves as we really are. Yet when we become willing to look honestly and fully at ourselves, we are able to clearly see the negative side of ourselves with a new light and a new direction for change.

PRAYER FOR THE DAY

“Take from me, Higher Power, my false pride and grandiosity, all my phoniness, judging, and self-importance, and help me find the courage that shows itself in gentleness, the wisdom that shows itself in simplicity, and the true power that shows itself in modesty and humility.”

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

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

Grapevine

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

World Service Office

<http://aa.org/>