



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 11 for details...

September 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.)

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 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.



september 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Summer Serenity At the Beach, Destin, FL (4 th – 7 th)*	5
6 IG Breakfast Meeting Val-P AMVETS* 9:30am	7 GSR & Srv Comm Mitchell Bldg Vap-P 6:30pm	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Intergroup Mtg Central Office 6:30pm	22	23	24	25 17 th Annual Celebration by the Sea, PC Beach, FL*	26 17 th Annual Celebration by the Sea, PC Beach, FL*
27 17 th Annual Celebration by the Sea, PC Beach, FL*	28	29	30			

**See announcement section page 10 for details*

The Speaker for the Emerald Coast Young People's group will be Taylor M.

Service Committee Meetings



Last Saturday of the Month (Mar, June, Sept, Dec) (1st Presbyterian Church, 114 SW Beal Pkwy, FWB (at 1st Street))

➤ **Alkathon**

First Saturday of the Month (Jan, Apr, Jul, Oct) (Intergroup Central Office 24 SW Hollywood Blvd FWB 244-2421)

- **Corrections: 9:30am – Chair- Jack W.**
- **Grapevine 10:30am – Chair – David S.**
- **Archives: 12:30pm – Chair – Jerri S.**
- **Public Information/Cooperation with the Professional Community (PI/CPC): 11:30am – Chair- Mike J.**
- **Literature: 12:30pm – Chair – OPEN**
- **Treatment: 1:30pm – Chair – Jerome F.**

Third Saturday of the Month (Jan, Apr, Jul, Oct) (Intergroup Central Office 24 SW Hollywood Blvd FWB 244-2421)

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- **Grapevine 10:30am – Chair – David S.**
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- **Archives: 12:30pm – Chair – Jerri S.**
- **Literature: 12:30pm – Chair – OPEN**
- **Treatment: 1:30pm – Chair – Jerome F.**

Next Time

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.



Val P Hope Group

John L. Sep 16 Yrs

Faith Group

Sandy C. Sep 23 Yrs

Monica S. Sep 22 Yrs

Rise and Shine Group

Joe P. Sep 15 7 Yrs

Mike P Sep 30 1 Yr

Honesty Group

Tom G. Sep 5 24 Yrs

Nancy R. Sep 27 30 Yrs

Mossy Head Group

Donna M. Aug 23 2 Yrs

Straight Up Group

Chris D. Sep 10 8 Yrs

Donna W Sep 29 5 Yrs

Bob G. Sep 22 4 Yrs

Marti B. Sep 7 3 Yrs

Gus H. Sep 15 3 Yrs

Katie S. Sep 28 2 Yrs

Stephanie J. Sep 29 1 Yr

Deckhands Group

Nikki Aug 1 Yr

Melanie Aug 3 Yrs

Evan Sep 1 Yr

Cheryl Sep 30 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.

- Editor ODAAT



Just For Fun!

Big Book Trivia Question: Where is the birth place of Alcoholics Anonymous? (Find the answer on page 11.)

"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 9

July 2015 Income	
Group Donations	\$1,430.91
Other Donations	\$0.00
Sponsored Activities	\$0.00
GSC Rent & Copier Use	\$0.00
Hill Realities (1/3 Gulf Power)	\$71.27
Transfer from Prudent Reserve	\$1,000.00
Total Income	\$2,502.18
Expenses	
Rent, Util, Adv, Answ Svc	(\$846.33)
Telephone, Internet, Cable	(\$194.56)
Copier and Copy Supplies	(\$60.36)
Other Office Expenses	(\$659.32)
Fees, Licenses, Inspections	(\$175.00)
Intergroup Functions	\$0.00
Social Functions	\$0.00
Bank Charges	(\$2.99)
Total Expenses	(\$1,938.56)

Prudent Reserve (Savings)	
Previous Balance	\$4,896.33
Transfer to checking account	(\$1,000.00)
Interest	\$0.00
Current Balance	\$3,896.33

Summary	
Previous Balance	\$1,293.77
New Balance	\$1,857.39
Prudent Reserve (Savings)	\$3,896.93
Current Total	\$5,754.32

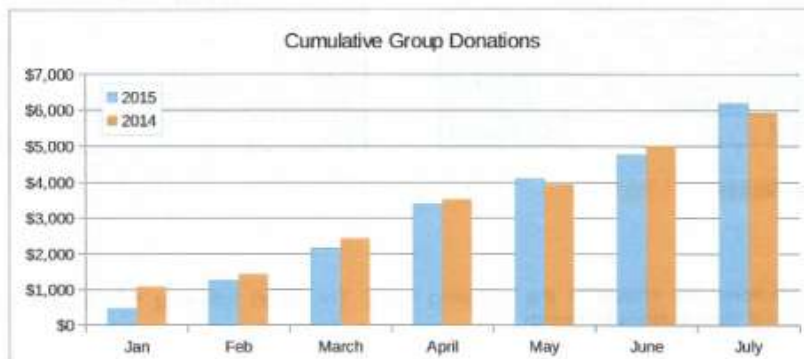
New Computer \$659.32

July 2015 Group Contributions	
Brown Baggers Group	\$82.58
Deck-Hands Group	\$300.00
Early Risers - Navarre	\$14.16
Lakeview Group	\$25.00
Lunch Bunch Group	\$63.00
Navarre Fellowship Group	\$500.00
Red Door Group	\$15.00
Rise & Shine Group	\$70.00
Straight Up Group	\$250.00
Twin Cities Group	\$61.17
Women's Primary Purpose Group	\$50.00

Cox Communications	
Internet	(\$58.90)
Telephone	(\$45.68)
Cable	(\$60.00)
Taxes, fees, and surcharges	(\$29.98)
Total	(\$194.56)

Group contributions are shown in the following table. The chart following the table shows the cumulative group contributions by month.

Year-to-Date Group Donations to InterGroup (thru 31 July)			
87 Stools "N" Bottles Group		Niceville Group	
Aaction Meeting		On Awakening Group	\$450.00
Beautiful Downtown Baker Group		Page By Page Meeting	
Brown Baggers Group	\$840.59	Powerless Meeting	
Buster's For Sobriety Group		Promises Group	
Care Group		Red Door Group	\$15.00
Chain Gang AA Meeting		Rise & Shine Group	\$645.00
Cover To Cover Group	\$100.00	Rule 62 Meeting	
Crestview Mon Ngt BB		Sat. Night Live Meeting	
Crestview Southside Group		Saturday Night Serenity	
Deck-Hands Group	\$600.00	Second Chance Group	
Dedication Group		Serenity Sisters (no longer meets)	\$182.00
Destin Group	\$200.00	Sparkle Group	\$50.00
Destin Saturday Night Group		Straight Up Group	\$250.00
Early Risers - Navarre	\$814.16	Sunday Sunrise Beach Meeting	
Faith Group of Crestview	\$273.18	Sunday Sunset BB Study Group	
First Things First Meeting		Third Tradition Group	
Freeport Troublemakers Group	\$25.00	Traditional Group	
Group 488165		Turning Point Group	
Happy Hour Group	\$250.00	Twin Cities Group	\$61.17
Honesty Group		U-B-U Meeting	
Hurlburt Field, Chapel Group	\$82.00	Unity Group	
Ladies Drop The Rock Closed Mtg		Val-P Group 161944	
Ladies Friday Night Group (candlelight)		Wed. Women In Recovery Group	
Lakeview Group	\$75.00	Weekenders Group	\$55.68
Living Sober Group (Candlelight Group)	\$174.00	Women's Meeting	
Lunch Bunch Group	\$189.00	Women's Primary Purpose Group	\$150.00
Men's Group		Women's Spiritual Axiom Group	
Miracle Group	\$24.00	Women's Sunshine Sisters Meeting	
Mon Nite Big Book Meeting		Young At Heart Meeting	
Mossy Head Community Group	\$40.00		
Navarre Fellowship Group	\$650.00		



Respectfully submitted by

Bob G, Treasurer

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-conscience
 Respect
 Clean
 Freedom

BOOK FUND FINANCIAL STATEMENT 07-20-15 - 08-17-15

INCOME	Amount	Date
STARTING BALANCE	\$ 686.39	
Income Deposit	\$ 779.27	7/28/2015
Income Deposit	\$ 288.24	8/4/2015
Income Deposit	\$ 240.00	8/11/2015
TOTAL INCOME THIS PERIOD	\$ 1,305.51	
BALANCE + INCOME	\$ 1,991.90	
EXPENSES		
FL Dept of Revenue	\$ 64.86	8/11/2015
Svc Chg		
AAWS (BKS PHAMPLETS)	\$ 941.40	8/11/2015
TOTAL EXPENSES THIS PERIOD	\$ 1,006.26	
ENDING BALANCE	\$ 985.64	8/17/2015

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

ANNOUNCEMENTS



Area Convention Committee Meeting

Aug 1st at 2:00pm at the Wellness Center, 333 Lewis Street. – To Discuss EVERYTHING about the convention. Come if you can, they still need a lot of help.

57th ICYPAA

September 3rd-6th, 2015 (Labor Day Weekend) – Miami, FL. Trump National Doral – For more information and to register, 57th.icypaa.org.

Summer Serenity at the Beach

September 4th – 7th, 2015 – Sandestin Beach Hilton. Flyers at the Central Office or go to www.summerserenityatthebeach.com.

AA 4th Step Workshop

Saturday, September 19 – Serenity Triangle Club 704 E. Robinson Ave, Crestview, FL 2-5pm. Bring your Bib Book and a pen. Refreshments provided. POC Susan C. (407) 701-6683 or Darrin F. (845) 754-1423.

17th Annual Celebration by the Sea

September 25th – 27th, 2015 – Panama City Beach, FL. Flyers at the Central Office or contact Juanita S. (janity.seachrest@hotmail.com) or Lou P. (loupetrosino@comcast.net).

Sunshine Convention Poker Run

October 17, 2015 – Crestview, FL. 100 Mile ride through the countryside. Proceeds to benefit the Sunshine Convention. Open to ALL motorcycles/Cars/Trucks. BBQ at end of run. POC is David D. (845) 754-3361. Registration Flyers available at Central Office.

Intergroup Fall Picnic 2015

October, 31 2015 – Liza Jackson Park East Pavilion – 10am-4pm. Meat, Bread and Drinks Provided. provided - Bring a side dish and come join in for Food & Fun! (Dog Friendly)To volunteer please contact Mike C. (850) 598-7700 or call the Central Office at (850) 244-2421.

ANNOUNCEMENTS (Continued)

Intergroup Halloween Dance

October 31, 2015 – 52 Beal Pkwy, FWB (Alano Club) – Immediately following 8:30 meeting – 11:30pm... Dress for the occasion!!! – Music, Food & Fun (Hosted by the Friday Night Ladies Group).

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 7, Fort Walton Bch. for times needed and to volunteer.

- **VOLUNTEERS NEEDED: The Gulf Coast Roundup** needs your help for the February 2016 and 2017 events. Please attend our next meeting, Sep 27, 1:00, Central Office, and/or call Joe U. (850) 865-2918 or Scott B. [**\(850\) 582-0839**](tel:8505820839).

A Special Thanks to the following:

- **Intergroup Committee Members** who attend the monthly meetings (3rd Monday)
- **Central Office Trusted Servants** – 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., Paul F., Bob L., Jerri S., Don S., Ken V., and Dan H.
- Dave R. – *Website connection & maintenance*, Cheryl A. – *ODAAT editor*

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/>