



HOPE

2ND STEP

CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

2ND TRADITION

FOR OUR GROUP PURPOSE THERE IS BUT ONE ULTIMATE AUTHORITY - A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.

2ND CONCEPT

THE GENERAL SERVICE CONFERENCE OF A.A. HAS BECOME, FOR NEARLY EVERY PRACTICAL PURPOSE, THE ACTIVE VOICE AND THE EFFECTIVE CONSCIENCE OF OUR WHOLE SOCIETY IN ITS WORLD AFFAIRS.

"Each day my friend's simple talk in our kitchen multiplies itself in a widening circle of peace on earth and good will to men." -- Bill W.

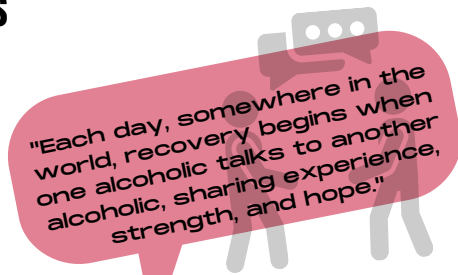
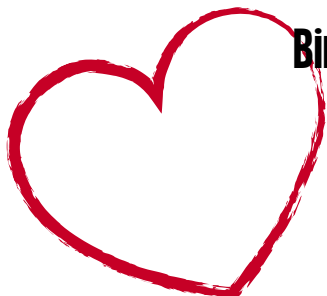
HOPE

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2nd Step Prayer

Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing.





The ONE DAY AT A TIME is the local newsletter published by the Area 1 District 14 Central Office of Alcoholics Anonymous. The monthly publication provides current information about meetings, upcoming AA related events, and articles of interest submitted by local members. It also includes a monthly financial report of contributions by the AA groups in District 14 and the business minutes from the Intergroup Meeting held the 3rd Monday of every month.

DISCLAIMER:

The ONE DAY AT A TIME Newsletter is the monthly newsletter of the Area 1 District 14 Intergroup of Alcoholics Anonymous. Opinions contained herein are strictly those of the author(s). We reserve the right to edit submissions for clarity, language, length, and any content which may violate the AA traditions. Publication of opinions, articles, and announcements does not represent, express, or imply endorsement or approval by AA at any level. AA literature reprinted with permission of AAWS. AA and Alcoholics Anonymous are registered trademarks of AA World Services, Inc.

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www.fortwaltonbeachaa.org



FROM THE EDITOR

Please submit meeting information, speaker meeting schedules, birthdays, jokes, sobriety stories, poems, ideas, etc.. Please submit to : **district14odaat@gmail.com** by the 15th of each month.

In Love and Service,
Terry S.
(386)262-6810
district14odaat@gmail.com

"carrying the Message is the basic service that our fellowship gives, this is our principal aim and the main reason for our existence.

Therefore A.A. is more than a set of principles, it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. Hence an A.A. service is anything whatever that helps us to reach a fellow sufferer - ranging all the way from the 12 Step itself to a 10 cent cup of coffee and to A.A.'s General Service Office for National and International action. The sum total of all the services is our **Third Legacy of service."**

Bill W. - A.A.'s Legacy of Service

.....
Is your group represented?
Get involved and become "part of.!"

Next Intergroup Meeting:

February 21st 6:30 PM

Central Office
 and on Zoom

www.zoom.us

ID: 854 8645 8921

Password: service



Next GSR Meeting:

February 7th 6:30 PM

Central Office
 and on Zoom

www.zoom.us

ID: 8217 546 8660

Password: district

**TO SUBMIT ARTICLES, STORIES, BIRTHDAYS, ANNOUNCEMENTS, ETC..
 EMAIL : DISTRICT14ODAAAT@GMAIL.COM**



"Came to believe that a Power greater than ourselves could restore us to sanity."

All of the words of the 12 steps are very specifically chosen. The second step doesn't say "We came to believe in a power greater than ourselves" it says "We came to believe that a Power greater than ourselves could restore us to sanity." That's the beauty—we are invited to begin to think about what our higher power can be.

The emphasis is not on who or what the power is, but on what the power can do for us.

The awareness and understanding that we can't recover alone and that we need some kind of help is really the lesson at this point in recovery. The spiritual principles that are the foundation of this step are open mindedness, willingness, faith, trust and humility. It really doesn't matter whether we have any idea of how this power greater than ourselves is going to help, just that we come to believe it is possible.

jasonwahler.com



When, therefore, we speak to you of God, we mean your own conception of God. This applies, too, to other spiritual expressions which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. At the start, this was all we needed to commence spiritual growth, to effect our first conscious relation with God as we understood Him. Afterward, we found ourselves accepting many things which then seemed entirely out of reach. That was growth, but if we wished to grow we had to begin somewhere. So we used our own conception, however limited it was. We needed to ask ourselves but one short question. - "Do I now believe, or am I even willing to believe, that there is a Power greater than myself?" As soon as a man can say that he does believe, or is willing to believe, we emphatically assure him that he is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

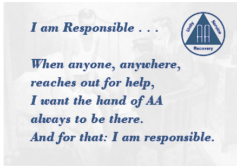
Alcoholics Anonymous, pg. 47

Therefore, Step Two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on this Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him. No other kind of bankruptcy is like this one. Alcohol, now become the rapacious creditor, bleeds us of all self sufficiency and all will to resist its demands. Once this stark fact is accepted, our bankruptcy as going human concerns is complete.

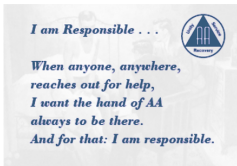
Twelve Steps and Twelve Traditions, p. 33

The Step 2 phrase "came to believe" suggests a process and a progression of faith that evolves over time. A portion of A.A.'s oral tradition defines this as a three-part unfolding: First, we came, that is, we showed up and stumbled in the door. Second, we came to, that is, we sobered up, came to our senses, and began to experience emotional sobriety. Third, we came to believe. We began our real recovery process and our spiritual growth.

Serenity, A Companion for Twelve Step Recovery, p. 29



FROM THE DESK OF LINDA W. AND JERRI S.



February 2022, Intergroup/Central Office Report

Here's hoping everyone's resolutions are set and you each can carry through with them. We will always live in the present "One Day at a Time", there are times when that is all we can handle and tomorrow will take care of itself. Election time is held in October of even years. Here are the next two positions that will come effective on Jan. 1, 2023 for elections Oct., 2022 (this will give the incoming trusted servants time to be trained). Qualifications for Secretary and Treasurer are from 1990 Original Bylaws.

Secretary:

The Secretary will keep minutes of all meetings, and will be the custodian of the corporate records, will give all notices as are required by law or by these Bylaws, and generally, will perform all duties incident to the Office of Secretary and such other duties as may be required by law, by the Articles of Incorporations, or by these Bylaws, or which may be assigned from time to time by membership. Some of the duties records and distributes minutes to Intergroup and has a copy on the front table, if anyone needs a copy you can get on done by the copying machine at central office. Computer knowledge is important and getting the minutes out by e-mail to all the officers, intergroup chairs and intergroup reps. on a monthly basis. Make sure at the end of each year turns in a CD or paper copies for archives.

Treasurer:

The Treasurer will have charge and custody of all funds of this Corporation with the exception of the book fund account and will deposit the funds as required by the membership, will keep and maintain and correct accounts of the Corporation's properties and business transactions, will render reports and accountings to the Corporate Officers and to the Members as required by the Corporate Officers or Members or by law, and will perform in general all duties incident to the office of Treasurer and such other duties as may be required by law, by the Articles of Incorporation, or by these Bylaws, or which may be assigned from time to time by the President (Chairperson). The treasurer should be a responsible person, should be organized enough to keep good records, needs to do a purpose budget on a yearly basis and turn in all treasurer reports to Officers, Intergroup Chairs, intergroup reps on a monthly basis and one copy to put on front table if anyone would like to make a copy to take back to their home group meeting. At the end of each year should put each monthly report on a CD or paper to put in archives.

We need your help in keeping the website up to date and accurate as possible. For all updates or changes, please email to aadistrict14@outlook.com

Our trusted servants service work schedule will be changing. We have open shifts, please call our office 850-244-2421 for details. Thanks, every one for the support you provide to your Central Office and Intergroup.

**aadistrict14intergroupjs@gmail.com
Jerri S. (Chair Intergroup) - 850-244-1182
Linda W. (Co-Chair Intergroup)- 850-582-7704**

Any changes to your group's meeting should be emailed to:
AAdistrict14@outlook.com

Laughing Out Loud



"Please, Lord, teach us to laugh again;
but God don't let us forget that we cried."

Joining AA is like joining the Mafia...
Anywhere you go in the world you have family.
But, if you leave, you die.



A scientist interrupts an AA meeting.

"I've just invented a cure for alcoholism! Take one of these pills and you'll never be a problem drinker again!"
An AA asks, "What happens if you take two?"

Heard in a meeting...



"God, Grant me the serenity to accept the PEOPLE I cannot change,
The courage to change the PEOPLE I can, and the wisdom to know
ALL of those PEOPLE ARE ME."

"YOU CAN COMPLAIN ABOUT THE SAME PROBLEM 3 TIMES... THEN YOU BETTER BE IN THE SOLUTION.
IF YOU HAVE TO TALK TO MORE 3 PEOPLE ABOUT THE PROBLEM, YOU DON'T WANT HELP... YOU WANT ATTENTION."

"feelings aren't facts but the fact is I feel."

"THE DISTANCE BETWEEN A PROBLEM AND A SOLUTION
IS THE DISTANCE BETWEEN YOUR KNEES AND THE FLOOR."



Y12SR meetings include fellowship preceded by an intentional, themed yoga class. They are open to all individuals who are working to overcome all manifestations of addiction and alcoholism - as well as those impacted by the addictive behavior of others.

**Camel Club
Thursday's
5:00 pm**

MEETINGS ARE LED BY YOGI MOLLIE
Certified Y12SR Leader & Certified Yoga Instructor (RYS 300)
Owner of Lunar Serenity
WWW.LUNARSERENITYYOGAANDART.NET
WWW.Y12SR.COM

YOGA OF 12-STEP RECOVERY
Y12SR



INTERGROUP COMMITTEE MEETING

MONDAY, JANUARY 17, 2022

Meeting opened with Serenity Prayer, Traditions 2 & Tradition 9. **ATTENDANCE:** 4 Zoom, 14 In-Person:

COMMITTEE REPORTS

Secretary's Report/Diana C. – Read and accepted.

Treasurer's Report/James S. – Previous balance \$6443.55. Current balance \$6458.83. Prudence reserve \$1814.22. Report accepted.

Book Fund Report/Paul B. – Previous balance \$3599.62. Current balance \$. Report accepted. Meeting in a Pocket will arrive at the end of the month.

Chairperson's Report/Jerry S. – October elections coming up. New officers will take positions in January of 2023. Requirements for positions will be posted in the ODAT. Trusted servants needed, schedule of when is on the table. 1-2yrs of sobriety required for Trusted Servants. 1day-1yr required for helpers. No recourse other than to cancel E&S or Breakfast meeting if groups don't step up.

Co-Chair's Report/Linda W. –Please see the flyers on the table.

DCM Report/Patrick M. – Attended Area and highlights of report provided. Please contact Patrick or attend District for details.

AA Hotline Report/Terry S. – Calls are down. Still working on 24hr coverage.

ODAA Report/Terry S. – Please email any inputs for the ODAT to district14odaat@gmail.com Webservant/Rindy O. – Site session up 31%, 80% new visitors, about 50% from aa.org, and most viewing meeting list.

IG Breakfast Chair/Don H. – Young at Heart hosted January. DJ was the speaker. 34 in attendance. 7th tradition raised \$76, \$20 paid to rent, \$56.00 to IG. Weekender's will host on Sunday, February 6th. Sandy will be the speaker.

Eat & Speak Chair/Don H. – At December's E&S, at the First Presbyterian Church, 70-75 were in attendance. Over \$400 was raised. Suzzie from the Mossy Head group was the A.A. speaker and Mary Beth was the Alonon speaker. March's Eat and Speak will be hosted by the Young at Heart group. James will be the A.A. speaker and the Alanon is TBD.

OLD BUSINESS

Jerry S. – Tax exemption revoked. Still not current resolution.

NEW BUSINESS

Paul B - Motion to have Unwind Your Mind meeting at Central office when Clubhouse closes for renovations. Tie Vote. -Motion to table until next meeting. Voted yes 6 to 5.

GROUP REPORTS

Sparkle Meeting FWB 6:30pm Sunday Beachside Church.

Linda – Approximately 15 in attendance. February birthdays, Catherine J, Jenifer J., and Linda w/33yrs!

Weekender's FWB 5:30pm Sunday Wellness Center. Speaker 3rd Sunday of the month. Nate W. – Birthdays: Jimmy M. 36yrs and Cathy M. 35yrs.

Mossyhead Community Group 7pm Wednesday & 6pm Sunday.

Johnny C. – Birthdays: Matt 3yrs, Deborah 9yrs, Jim V. 15yrs. They celebrate on the last Sunday of the month w/food & speaker meeting.

Straight Up Group FWB noon M W F Alano Club.

Jerry S. – Their group inventory is almost done. They have a roomful of people. Jerry will celebrate 38yrs.

Unwind Your Mind FWB 7pm Wednesday Alano Club. Step 11, meditation, candlelight meeting. Paul B. – About 25-30 in attendance. All is well.

Primary Purpose FWB 7pm Thursday & Saturday Journey Pure.

Abbey K. – The first Thursday of the month will be a tradition meeting. Birthdays: Bob B., Monica, and Cathy w/33yrs of sobriety.

Busters for Sobriety Destin 7 days a week 8am Callahan's.

Michelle M. – 25-30 in attendance. All is going well.

Miracle Group FWB Tuesdays 8pm St. Mary's Church. Speaker on 1st Tuesday of month. Todd A. – Birthdays: Allen 32yrs and Sarah 1yr.

Young at Heart FWB 7pm Tuesdays at First Presbyterian Church.

No Report.

Rule 62 FWB 6:30am daily at the Alano Club.

Scott C. – 10-25 in attendance. All is going well.

Early Risers Navarre, 7am 6 days a week, except Sunday & 5:30pm on Wednesday @St. Augustine's Church, and 6:30am Sunday at Navarre Beach.

No report.

Friday Night Lights Santa Rosa Beach 7pm Friday Christ the King Episcopal Church.

No Report.

Announcement: Please send all meeting list updates to aadistrict14@outlook.com

Next meeting is Monday, February 21, 2022.

Meeting adjourned at 7:34pm.

AREA DISTRICT 14 GSR MEETING WITH SERVICE COMMITTEE REPORT

JANUARY 03, 2022

District 14 GSR Officers Present

DCM: Patrick McD. Alt. DCM: Dawn O. Treasurer: Sarah O. Secretary: Brad A.

SERVICE COMMITTEE CHAIRS PRESENT

Archives: Corrections: Vince M. Grapevine: Michelle G. Literature: PI/CPC: Treatment: Technology: Scott C Intergroup: Jerri S. 1/4ly Eat & Speak, Am-Vets Breakfast: Don H

MEETING

The meeting was opened with the "Serenity" prayer. The step, tradition, and concept corresponding with the month was read.

25 attendees. 16 in person. 9 on Zoom.

DISTRICT 14 OFFICERS REPORT

New GSR's: Chloe L. Jaywalkers Group Ken V. Deckhands Group **New Alt. GSR's:** None **New Service Positions:** None

Secretary: Brad A read the minutes from December. Scott C. motioned to accept. Mike L. seconded. **The Secretary's report was accepted.**

Treasurer: Sarah O delivered the Treasurer's report from November. November amounts as follows: Opening Balance: \$10,369.59, Income: \$500.00, Expenses: \$817.83, Ending Balance: \$10,051.76. Jerome F. motioned to accept. Jamie L. seconded. **The Treasurer's report was accepted.**

DCM: Patrick M reports attending Intergroup and IG Breakfast District. He continues to encourage group service and for GSR's to get involved at the district level. Jamie L. motion to accept. Ron M. seconded. **The DCM report was accepted.**

Alt. DCM: Dawn O reports there is a new Service Manual available. The service manual is available online at AA.ORG. A sign-up sheet has been provided for those who would like an emailed copy of the District 14 Guidelines/Policies & Procedures. She requests volunteers to help with updating the District Guidelines. A sign-up sheet has been provided for those interested. She will be attending Area this weekend and reminds everyone the assembly will be available on Zoom. Codes will be provided when available. Dawn offered to attend committee meeting(s) for those unable to attend area. Just let her know. Sarah O. motion to accept. Mike L. seconded.

The report was accepted.

SERVICE COMMITTEE REPORTS

ARCHIVES: Suzie B. (Chairperson) No Report. **LITERATURE:** Need Chairperson. No Report. **PI/CPC:** (Krista H. stood for position and was approved.

CORRECTIONS: Vince M. (Chairperson) reports the Corrections meets the fourth Tuesday of every month, 7pm at CO. December meeting was canceled.

Facilities Reports **OJ:** Meetings going well. **WCJ:** Vince applied to do Men's meeting, awaiting approval. 15 men, 15 women volunteers needed. Apply at: Walton County Sheriff's Office, FL Police Jobs- Other Public Safety App. Grace has not been allowed to start the women's meeting. **OCI:** First meeting on January 13, 2022. 6 volunteers currently approved. Need 1-0 more to facilitate scheduling. The revised Florida DOC online volunteer application program is now functional, and a simple guide is in place to assist each volunteer in applying.

WCI: Application process is same as OCI. 15 volunteers needed. **Next meeting is January 25th, 2022.**

GRAPEVINE: Michelle G. (Chairperson) reports the GV meets the last Saturday of the month, 11am @ CO. GV is seeking group representatives. She attended the Service Assembly and represented District 14 GV. Michelle can be reached at 850-543-9149 for info.

TREATMENT: CJ (Chairperson) The Treatment Committee meets the second Saturday of every month, 10:30am at central office. Facility Reports

DUI School (Bridgeway) – Jerome F said Jim C is bringing in meeting about once or twice a month. Bridgeway contacts him when they have a class big enough. Jim explains AA to them and allows for questions at the end of meeting. 10-15 participants at last meeting. Twelve Oaks – Paul. S. Meetings are optional for residents, no problems with staff or facility. Paul brings meeting in on Sundays. Ben C goes on Tuesday afternoons for more of an informational meeting about AA. Sun: Paul S. 6:30PM, Mon: Stacie 6:30PM, Tue: Ben C. 4:00PM informational format, Wed: Jasmine, Thur: Mike C, Fri: Outside Meeting, Sat: Open One Hopeful Place (Old FWB wastewater system building by Pepito's, FWB) -Jerome F. spoke to Donna; meetings can start back up in January. Only Celebrate Recovery is going in there right now. FWBMC Behavioral Health– not allowing meetings in yet. Jamie L spoke to contact at hospital and with the new strand of COVID-19, we cannot go in yet. Twin Cities Pavilion (ALF in Niceville)– Ben C. – regular group at 1PM on Wednesdays, Ben C, Paul F and Dan W alternate bringing meetings in. 2 regular attendees. Cope Center (Defuniak Springs) – Going through some admin changes. Jerome F. reports that Steve from Friday Night Lights group is POC, and they are not receiving meetings yet. Forensic Pretrial Program (Old Shell Street Detox) – (Note: Please make sure everyone understands that AA with not affiliated with the judicial system) – CJ reports Ted has been going with her on Thursdays at 4:30PM. Residents are required to attend. CJ has started handing out beginner coins at meeting. Home of Grace (on Lovejoy in FWB, Thursdays @6PM) - Jerome F said 4 or 5 regulars usually attend. It is a men's only homeless shelter, they come straight from hospital, some have long term sobriety. Residents pay about \$200/month rent when they start working. Jerome watches speaker videos with the men and has had success. He brings big books to the newcomers.

OLD BUSINESS

Krista H. motioned District 14 purchase committee kits to keep at Central Office for reference on how to run committees and their associated responsibilities. Krista H. motioned to table pending information provided in New Business. Dawn O. seconded.

NEW BUSINESS

Krista H. (Primary Purpose) stood for PI/CPC chairperson. Unanimously approved.

Krista H. moved to table the purchase of committee kits pending more research and reports the following information gathered from aa.org/information-for-trusted-servants

Most Kits cost 14.40 with several on back order 2-5months

Accessibility Kit SKU: M-48 \$14.40 Treatment Facility Kit SKU: M-40 \$14.40 [OOS (out of stock 2-5months)] Corrections Kit SKU: M-45 \$14.40 (OOS)

Archive Workbook SKU: M-44 \$2.00 & AA Guidelines for Archives SKU: MG-17 \$0.12 Public Information Kit SKU: M-27 \$14.40 (OOS) & Public Info Workbook SKU: M-27i \$2.00

CPC Kit SKU: M-41 \$14.40 (OOS) & CPC Workbook SKU: M-41i \$2.00 Public Info Package #2 SKU: P-72 \$60.00 (includes 2,020 pamphlets, 100 Anonymity Wallet Cards, Catalog & 2 order form)

Krista plans to reach out to current committee chairs to get them registered at WSO and see if they can get the kits for their committee for free and donate them to District or include in each committee budget every 2 years to purchase if needed.

AREA DISTRICT 14 GSR MEETING WITH SERVICE COMMITTEE REPORT

JANUARY 3, 2022

...continued from page 7

GSR REPORTS

- Beautiful Downtown Baker: Ron M (GSR) Gary W. (Alt. GSR) Meets at Masonic Lodge 5822 Hwy. 189 N. Saturday 7pm. BB-OD. Attendance: 15. Fellowship following meeting at Gator's restaurant. Birthdays: Marcella 3yrs., Donna G. 5 yrs. January 29th is 24 yr. Anniversary. Celebrating with an Eat & Speak. Dawn O. is speaker.
- Busters for Sobriety: Jim D reports Meetings daily at 8am. OD. Callahan's Restaurant, 791 Harbor Blvd., Destin. Attendance: 15-25 weekdays. 50+ Sat & Sunday. Masks encouraged but not required. Birthdays: No Report.
- Deckhands: Ken V. (GSR) Meets 8-9am OD. 365 days. 200 Campbell Dr. (Niceville Skatepark) Attendance: 20. Hosting Zoom meeting (info on Intergruop website) and live meetings 8-9am 7 days a week behind establishment. Birthdays: None.
- Early Risers: Greg B (GSR) Meets at St. Augustine's Episcopal Church Hwy 98, Navarre. Mon-Sat at 7:00 am, Wednesday at 5:30 pm and Sunday at 6:30 at Sea Turtle Pavilion. M(GV)/W(BB)/F (12&12) are Literature meetings and Tues/Thurs/Saturday is Open Discussion. Zoom meeting daily 7am & 7 pm. Meeting ID 394585057. Passcode 991133. Attendance is not taken at the Wednesday 5:30, Sea Turtle, and Zoom meetings. 546 total attendance. 27 in-person meetings. 62 Zoom meeting. Average attendance: 20.22. Birthdays- Chris L. 12/13/80 41 yrs., Mike R. 12/05/09 12 yrs., Joe C. 12/26/12 9 yrs., Marianne M. 12/01/841 37 yrs.
- Faith: Jerome F(GSR) Casey H. (Alt. GSR) Jeff M. (Treasurer) Jerome reports: Meets Sundays, Wednesdays, and Fridays at 8pm at the FEW Serenities Triangle House, 704 E. Robinson Avenue in Crestview. OD. Wednesday night meeting is a step study meeting with hosted by Fireman Dan (Chuck's Cycle Meeting) Attendance: 10-15. Birthdays are celebrated the last Friday of the month with cake and ice cream. Birthdays: Brandon M. 1 yr., Aaron M. 3 yrs., David S. 32 yrs.
- Friday Night Lights: Steve J (GSR) Meets Friday 7-8 pm. at Christ the King Episcopal Church, 480 N. Co. Hwy 393, SRB. Closed meeting. Conference approved literature-based discussion. 25-35 attendees. Birthdays: None. January 21, 6-9 pm. Is 3rd year anniversary party. Food, fellowship, and speaker. Chuck H. speaker. Anniversary is open meeting. All welcome.
- Friday Night Lights: "Treehouse meeting" located in back building at Christ the King Episcopal Church, 480 N. Co. Hwy 393, SRB. M-F8am. MWF, BB study. T, R discussion. Jaywalkers: Chloe L. (GSR) Saturday & Sunday 12 pm at 52 Beal Parkway. Saturday is BB study. Sunday is 12X12 study. Attendance: 20-25. Birthdays: Diana C. 11 yrs.
- Men's Group: Vince M. (Alt. GSR) reports Meets at corner of 134 Beal Pkwy. at the First Presbyterian Church, Thursday 7pm. Attendance: 6-12. Birthdays: None.
- Miracle Group: Jaime F (GSR) meets Tuesday at 8:00pm at St. Mary's Church 165 Coral Drive SW, FWB. Open Discussion from the BB. Speaker first Tuesday of every month. Birthdays celebrated last Tuesday of month. Meeting live and on Zoom meeting every Tuesday at 8pm. Zoom Meeting ID 524833283, password is 8675309. Attendance: 30. Birthdays: Allan R., Tara S. Abby (Primary Purpose Group) speaking January. Monday Night Big Book: 7pm. 90-minute meeting. Birthdays: No Report.
- Mossy Head Community Group: Chris R (GSR) Suzy B. (Alt. GSR) Meets Wednesday at 7:00 and Sundays at 6pm. Mossy Head Community Center. Birthdays celebrated last Sunday of month. Business meeting/group conscious last Wednesday of the month. Potluck dinner last Sunday of the month: 5pm fellowship, 5:29 eat dinner, cake, and 6 pm speaker. 50/50 raffle provided by fellowship. Birthdays: No report. Navarre Fellowship: Monday-Saturday 12 pm. Attendance. No Report.
- On Awakening: Adrian B(GSR) Meets 8am daily. 7 days/week. OD. Camel Club, Santa Rosa Beach. Attendance: No Report.
- Primary Purpose II: (GSR) Meets every Saturday night at 7:00pm at Journey Pure, 348 Miracle Strip Pkwy. Speaker meeting. OD. (2) 30-minute speaker meeting. Attendance 50-60. Upcoming speakers: Thursday meeting 7pm. Step Meeting. CD. Speaker for 15 minutes then open discussion. Attendance 20. Birthdays:
- Primary Purpose Women's Group: Closed meeting. Meets at Christ the King Episcopal Church Tuesday 7pm Closed Discussion. Thursday 7pm Step Study/BB Study. Tuesday 8-10, Thursday 2-4. Birthdays: None.
- Rule 62: Spike L (GSR) Meets 7 days/week 6:30am. Birthdays: No Report.
- Second Chance: Robby F (GSR) OD> Meets Friday 8pm. 12381 US Hwy 98, Miramar Beach, Live Chapel next to Haven House Thrift Store. 30-40 avg. attendance. Last Friday is speaker meeting. Birthdays: No Report.
- Serenity by the Sea: Hannah Bowyer (GSR) Shantelle H (Alt. GSR) meets at St. Andrews Church, 307 Harbor Blvd. Destin on Wednesday at 6:30pm. BB format/OD. Read one chapter at a time and discuss. Fellowship following at Callahan's Restaurant. Attendance: 8-10. Birthdays:
- Serenity Group: Dilene S (GSR) Meets every Friday night at 8:00 pm at Trinity United Methodist church in Ft Walton Beach. Attendance avg. The birthday meetings are the last Friday of the month, and they always have homemade cake. Birthdays: No Report.
- Sparkle Group: Veronica F. (GSR) (Alt. GSR) Meets Sunday 6:30 pm at Beachside Community Church, Racetrack Road. Take right at entry, inside café. OD. Tradition meeting last Sunday of the month. Average attendance: 15. Birthdays:
- Spiritual Axiom Women's: (GSR) Liza S (Alt GSR) Lily H meets in person Monday 6-7 pm at the Camel Club in Santa Rosa Beach. Women's discussion meeting. Open. Last Monday is shared speaker meeting with birthday celebrants. Average attendance: 18. Birthdays: No Report.
- Straight Up Group: Dan W (GSR) Jeri S (Alt GSR) Don H (IG) Rusty D. (Treasurer). meets at Alano Clubhouse, 52 Beal Pkwy., FWB. Monday, Wednesday, Friday, 12pm. OD from BB. Attendance: 18-25. Birthdays: None.
- There Is a Solution: April G (GSR) meets M/W 5:30 pm. 200 Campbell Drive (Skate Park), Niceville. OD. Birthdays celebrated last Monday of the month. Birthdays: No Report.
- Third Tradition: Paul V (GSR) Meets at Shalimar United Methodist Church, 2 Meigs Drive, Shalimar. Monday and Wednesday at 8pm. Monday 12n12 study, Wednesday Big Book study. 15-25 attendees. New location on same property. Corner of Meigs and 3rd St. with parking located behind the back of the building. Follow sign to meeting room location. Birthdays celebrated last Wednesday of the month. Birthdays:
- Traditional Group: Chad R. (GSR) meets M & F 7pm at Presbyterian Church, 1063 Circle Drive, Defuniak Springs. OD. BB. Monday is open discussion; Friday is BB study. Attendance: Monday 6, Friday 10-12. Birthdays: No Report.
- Turning Point: Zach P. (GSR) (alt. GSR) meets at the Tringle House 704 Robinson, Crestview, 8pm. Tuesday-BB, Thursday-12X12, and Saturday-OD. Attendance: 15. Saturday attendance 20. Second Saturday of the month is Eat and Speak meeting. Food 6pm, Speak 8pm. 1st Saturday Speaker: Birthdays: No Report.
- Unity: CJ (GSR) Meets every Tuesday and Thursday at 12pm and Sunday night at 8:00pm at the Alano Club 52 Beal Pkwy. FWB. OD. Avg. att. 15-20. Birthdays: No Report.
- Unwind Your Mind: Paul B (GSR) 52 Beal Pkwy. Wednesday 7pm. Open meeting/meditation. Candlelight. Step 11. 10-minute meditation followed by discussion. Meditations being taken from the book "Dear Friend" by Sandy B. Attendance: 25-30.
- Weekenders: Jamie L (GSR), Linda Westcott (Alt GSR) meeting inside Sundays at 5:30 pm at 333 E. Lewis St in Ft. Walton. Attendance: 15. Speaker meeting the third Sunday of the month at 5:30. Birthdays: 3 birthdays.
- Young at Heart: Mike L (GSR) Meets at corner of 134 Beal Pkwy. at the First Presbyterian Church, Tues 7pm. Open Meeting. OD. Traditions/BB. First Tuesday is a speaker meeting. Last Tuesday is birthday night. Now serving regular and decaf coffee. Attendance: 20 avg. Birthdays: None.

CLOSING

Meeting closed with the Lord's Prayer.

Next meeting February 07, 2022.



Featured Events

Yoga with Mollie Saturday and Sunday at 7am
 Terry Stokes Recovery Comedy Hypnosis Show Saturday at 9:30pm

YOGA w/ Mollie

Yogi Mollie got to grace us with her presence for the first-time introducing yoga to the Gulf Coast Roundup in 2020. She is a full-time yoga instructor, shanti (peace) manifester, and Eka Earth facilitator that holds space for her students along the Gulf Coast stretching from Panama City Beach to Destin, FL. Mollie teaches at multiple gyms and studios in Walton County (weekly); co-facilitates day retreats, sacred ceremonies, meditation practices, and yoga directly to you in the comfort of your home; offers private yoga sessions and has weekly zoom classes. She has ERYT-200, YACEP, Y12SR Leader, and Group Fitness & Bootcamp Certifications.

Mollie found the rooms of AA eight years ago in Nashville, Tennessee with the gift of desperation searching for a better way to continue her life. She began the path of self realization and found her way of connecting to a higher power through practicing yoga while engaging in step-work. She trained in combining the somatic approach of yoga, and the cognitive approach of 12-step programs to help others address the physical, mental, and spiritual dis-ease of alcoholism & addiction. Her hope is that you step off the mat feeling refreshed, nourished, balanced, and connected.

Mollie is offering gentle yoga 7am Saturday and Sunday at the 50th Gulf Coast Round-Up Convention in the Oasis Room. Mats, blocks, straps, and blankets will be available for use on location. Please show up a few minutes early to get situated for class. Remember what you do and how you show up matters. Gentle yoga is geared specifically for those new to yoga or those interested in pranayama (breath-work), basic yoga asana (poses), and meditation practices. No experience or flexibility is required. We will honor awareness, connection, gratitude, compassion, and integrity while on our mats together.

Comedy Hypnosis Show



On this very last month that we highlight the speakers and participants of the 50th Golden Anniversary of The Gulf Coast Roundup this upcoming Valentine's weekend...I the chairman would like to present to you a man of many talents who will be applying all these at the Roundup. Terry S. was not only our feature entertainment on Saturday nights for the past couple of years doing his world-famous hypnotist show, he is also the Voice of The Round Up this year and also 2023.

Terry came to us from Las Vegas, Nevada a few years back and he immediately joined and became active in District 14. Terry is an energetic member of alcoholic anonymous who travels around the nation with his recovery hypnotist show at many conventions, roundups, and jubilees..... but the most amazing feature is that he does it all for fun and for free to bring us joy, to bring us laughter, and bring us a night of freedom to just sit back and enjoy.

Terry was selected as The Voice because of his active participation and of course his way of capturing audiences in the usually mundane task of making all the announcements and herding cats into the meeting room to get them all situated in time for the meeting. He brings us enthusiasm and sets the stage not only that meeting but the following meetings. He was the perfect person for this task. We the committee hope that you come join us and spend the weekend with us and participate in the fun, the laughter, and the recovery.

And you do not want to miss his show Saturday night at 9:30.

~ Chip B., Gulf Coast Roundup Chairperson 2022



Sobriety Birthdays

Deckhands

Kenny V/6 Feb 1999/23 Years
Jill K/9 Feb 2021/1 Year
Mark H/13 Feb 2013/9 Years
Mike W/25 Feb 1989/33 Years



WEEKENDERS

Martin M. Feb.22, 2010

Please submit birthdays/anniversaries to district14odaat@gmail.com

*Experience
Strength
& Hope*

Speakers

What it was like, what happened, and what it is like now.

Rise and Shine Speaker Meeting

1st Sat 8AM - 52 Beal

POWERLESS MEETING

Saturdays 8pm/52 Beal

Feb 5
Feb 12
Feb 19
Feb 26

Weekenders

Feb 20th 5:30pm TBA

Primary Purpose-Saturdays 7pm

Feb 5: Mike L. /Young At Heart & Stacy H./Young At Heart
Feb 12: Andrea A./Early Birds (Boone, NC) & Steven J./Friday Night Lights
Feb 13: Sarah O/3rd Tradition & Gary G./ Navarre Fellowship
Feb 26: AI/Crestview Big Book

INTERGROUP BREAKFAST

The Weekenders Group will be hosting the February 6th InterGroup Breakfast & speaker meeting.
Am-Vets Post 78 / 910 Valastics Ave. Valparaiso Fl.
Breakfast starts at 9:30am / \$6.00.
The meeting and speaker @ 11am



The Turning Point Group will be hosting the March 6th InterGroup Breakfast & speaker meeting.
Am-Vets Post 78 / 910 Valastics Ave. Valparaiso Fl.
Breakfast starts at 9:30am / \$6.00.
The meeting and speaker @ 11am

The Intergroup is in need of AA groups to be hosts for the Intergroup fund raising monthly Sunday breakfast. Held at the Am-Vets post in Valparaiso Fl. The breakfasts are on the first Sunday of the month starting at 9:30am and the meeting starts at 11:00am. The host group it is provide a speaker and run the meeting.

For more information contact Don H. at (308)258-0764
This is your Intergroup and needs everyone's support.

Eat and Speak



The Young At Heart Group will be hosting the March 19th Eat and Speak .

AA Speaker / James S.
Alanon Speaker / TBA

First Presbyterian Church 134 Beal Parkway, FWB

The Unwind Your Mind Group will be hosting the June 25th Eat and Speak
AA Speaker / Charlie H. (Las Vegas)

Events



50TH "GULF COAST ROUNDUP"

February 11, 12, and 13, 2022



On the Gulf Coast of Okaloosa Island at "The Island" (reservations@mainsailhotels.com)
1500 Miracle Strip Pkwy SE (Hwy 98E), Fort Walton Beach, FL 32548, 850-337-9194 (Vanessa)

Hotel reservations must be made by Jan 10th to ensure these rates, and please state Gulf Coast Roundup.

Standard \$95/night (2 dbl bds) Poolside \$125/night (2 Queens) Gulf Front \$135/night (2 Queens) ("Yes...it's only \$135..!!")
0700-0800 Saturday and Sunday Morning Yoga Sessions with Mollie Densley of Lunar Serenity Yoga and Art

Web: www.GulfCoastRoundup.com Send questions to ChipBowdren54@gmail.com or Text them to 850-865-1660

4:30 Fri: Terry R. (AA) Lafayette, LA
8:00 Fri: Barron R. (AlAnon) Atlanta, GA

7am Sat: Yoga with Mollie Densley
8:15 Sat: Combined Discussion Meeting
10:00 Sat: April & Dylan S. (AA) Miami, FL
2:00 Sat: Patrick & Linda G (AA) Lake Placid, FL
4:00 Sat: Julie C. (AA) Tujunga, CA
8:00 Sat: Hilda F. (AA) Tujunga, CA
9:40 Sat: Terry Stokes...the Amazing Hypnotist...!!

You are invited to spend the weekend on the beach with us to enjoy the fellowship our roundup provides. Meeting Room holds 350 people on the 6th Floor of the "The Island Resort." This spectacular view also has the famous and very large hospitality area with plenty of tables and chairs, Food Items, snacks, coffee, and soft drinks, to accommodate fellowship between events. The beautiful Gulf Beach on the South...with the Choctawhatchee Bay to the North will be the backdrop for this wonderful conference...!! Enjoy Heated Swimming Pool and Exercise facility...and yes...we have requested our famous Dolphins to appear again...!!

7am Sun: Yoga with Mollie Densley
8:15 Sun: Combined Discussion Meeting
9:30 Sun: Vivian Q. (AA) Bluffton, SC

ROUNDUP VOICE: "The Amazing Terry S..."

SATURDAY NITE SPECIAL SHOW FROM TERRY STOKES...THE HYPNOTIST...!!

Recordings of the entire conference and many individuals by "New Life Productions"

\$25 registration fee per person includes admission to all meetings and events. Alateens admission is free.

PRE-REGISTRATION Payments by PayPal (go to website) or mail check...OR at the door with cash or check

Register at www.GulfCoastRoundup.com or use form below

Gulf Coast Roundup - February 11-13, 2022 - Registration

Name(s) _____
Address _____
City _____ State _____ Zip _____
Name(s) on Badge(s) _____

Make checks payable to: Gulf Coast Roundup Mail to: Angie Bowdren, 930 Gulf Shore Dr Unit 4, Destin, FL 32541



AA and AL ANON SPEAKERS
John M (MN), Jennifer K (Plano, TX), Ruth C (Pensacola, FL), Alex P (Mobile, AL), Gail W (Olive Branch, MS), Rick & Rhoda M (Gulf Shores, AL) MORE TBA
50/50 Raffle, Gift Baskets, plus the return of Terry Stokes Jr., AA Hypnotist!

ORANGE BEACH EVENT CENTER AT THE WHARF

SAVE THE DATE!

REGISTRATION INFO AND MORE WILL BE REVEALED

"10th Annual"
Sunshine Convention
"Three Pertinent Ideas"
May 13 - 15, 2022
Defuniak Springs Civic Center - 361 North 10th, Street, Defuniak Spgs., FL 32435
AA & AL-ANON SPEAKERS*

FRIDAY:-
4:00 PM = AA TEXT BOOK MEETING
6:00 PM = TERRY S. AA Fort Walton Beach, FL.
8:00 PM = JAMES L. AA Tallahassee, FL.

SATURDAY:-
10:00 AM = HERB W. (AA) Cherokee, NC.
1:00 PM = SPEAKERS WORKSHOP.
3:00 PM = DIANE A. (AFG) Nashville, TN.
6:00 PM = MIKE A. (AA) Nashville, TN.
8:00 PM = MARI G. (AA) Ontario, CANADA
10:00 PM = "TERRY S. COMEDY HYPNOSIS SHOW"

SUNDAY:-
10:00 AM = JANE D. L. (AA) Tallahassee, FL.
VOICE = CHRIS R. AA of Defuniak Springs, FL..
Recording by TERRY R..
ENTERTAINMENT := "TERRY STOKES COMEDY HYPNOSIS SHOW"

ALL MEALS PROVIDED
SATURDAY DINNER FISH FRY BY LARRY B.
Raffle and 50/50
"Seating limited"

FOR MORE INFORMATION PLEASE CONTACT SUZIE B. (850-758-1321)
OR GO TO Sunshineconvention2@gmail.com

Hotel: Econo Lodge (850-520-4691) (MENTION SUNSHINE CONVENTION FOR SPECIAL RATE of \$79.00 PLUS TAX.)
90 Business Park Rd., DFS, FL.

Registration:- please mail the form with your Check to :- "Sunshine Convention" P.O. BOX 837, DeFuniak Spring, FL. 32432

Sunshine Convention - May 13 - 15, 2022 - Registration

Name: _____
Address: _____
City _____ State _____ Zip _____
Name(s) on Badge(s) _____ (AA) (AFG)
Registration \$30.00 till May 6, 2022, then \$35.00 after and at the door all your meals included.
Make Check payable to Sunshine Convention. Registration: _____
Donation: _____



65th Florida State Convention 2022

Wednesday, August 3rd — Sunday, August 7th

www.FloridaStateConvention.com

Fort Lauderdale Harbor Beach Marriott Resort and Spa

Fort Lauderdale, Florida

www.MarriottHarborBeach.com

PROGRAM & ACTIVITIES



AA, Al-Anon, and Alateen Meetings and Workshops, LGBT, Spanish Speaking, and Young People's Meetings and Workshops; Friday and Saturday Banquets and Ice Cream Socials; Exclusive Convention Merchandise; Sports Activities including Golf, 2 Mile Beach Walk/Run, Beach Cornhole, and Beach Volleyball; Dances and Entertainment; Marathon Meetings and Old-timers' Meeting; Grapevine, Archives and Out-of-State Archives Displays; Meditation on the Beach and Yoga.

Open Captions and ASL Interpretation at all Speaker Meetings.

GUEST SPEAKERS

Paulette R. Miramar, FL	Carol "Dr. Fingers" G. ASL Interpreter
Jimmy A. Spring Lake Heights, NJ	Gail L. Akron, OH/Oxford, FL Workshops
Sandy H. Port Charlotte, FL	Cheré F. AlAnon Speaker Puyallup, WA
Rich S. St. Louis, MO	Paul McQ. Belle Harbor, NY
EI N. Greenville, SC	Victor V. Springdale, AR
Jerome S. Corona, CA	Ryan K. Bowling Green, KY
Charlene C. Mt. Pleasant, SC	

HOST HOTEL INFORMATION

FORT LAUDERDALE HARBOR BEACH MARRIOTT RESORT & SPA

AAA Rated 4 Diamond Resort

3030 Holiday Drive, Fort Lauderdale, FL 33316

www.MarriottHarborBeach.com

800-222-6543 * 954-525-4000

Convention Code: 65th Florida State Convention

HOTEL RESERVATIONS START ON AUGUST 5, 2021

Hotel Reservation Link:

<https://book.passkey.com/go/65florida>

RATES:

Standard King/Double

\$159.00

Oceanview

\$184.00

Sunrise/Florida Suite

\$335.00

Rates will be honored 3 days before and 3 days after the convention dates, based on availability.

All rooms are subject to state and local taxes.

THIS HOTEL IS NON-SMOKING.

Check-in 4 PM. - Check-out 11 A.M.

Onsite Parking Rates: \$9/day Self Parking \$19/day Valet Parking



RESERVATIONS MUST BE RECEIVED BY THE HOTEL BEFORE JULY 8, 2022

