



HUMILITY

Alcoholics Anonymous

8TH STEP

"MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL."

8TH TRADITION

"ALCOHOLICS ANONYMOUS SHOULD REMAIN FOREVER NON-PROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS."

8TH CONCEPT

THE TRUSTEES ARE THE PRINCIPAL PLANNERS AND ADMINISTRATORS OF OVER-ALL POLICY AND FINANCE. THEY HAVE CUSTODIAL OVERSIGHT OF THE SEPARATELY INCORPORATED AND CONSTANTLY ACTIVE SERVICES, EXERCISING THIS THROUGH THEIR ABILITY TO ELECT ALL THE DIRECTORS OF THESE ENTITIES.

"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.

HUMILITY

IN THIS ISSUE:

August 2022

8th Step /Tradition/Concept

Laughing Out Loud

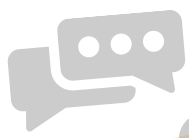
Intergroup Minutes

Contribution Report

Speakers

Events

Birthdays



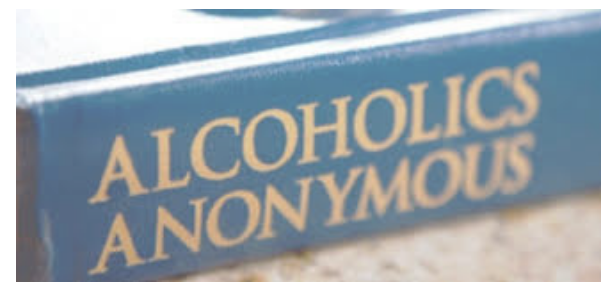
"Each day, somewhere in the world, recovery begins when one alcoholic talks to another alcoholic, sharing experience, strength, and hope."

8th Step Prayer

Higher Power,

I ask Your help in making my list of all those I have harmed. I will take responsibility for my mistakes & Be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution.

This I pray.





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.

Area 1 District 14 Intergroup
 24 Hollywood Blvd. SW, Suite 7
 Fort Walton Beach, FL. 32548
 (850) 244-2421
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

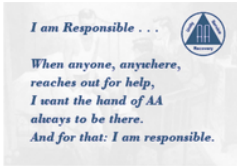
*Is your group represented?
 Get involved and become "part of.!"*

Next GSR Meeting:
 August 1st @ 6:30 PM
 Central Office
 and on Zoom
www.zoom.us
 ID: 8217 546 8660
 Password: district

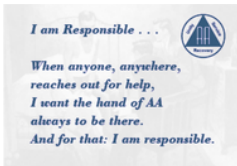


Next Intergroup Meeting:
 August 15th 6:30 PM
 Central Office
 and on Zoom
www.zoom.us
 ID: 854 8645 8921
 Password: service

**TO SUBMIT ARTICLES, STORIES, BIRTHDAYS, ANNOUNCEMENTS, ETC..
 EMAIL : DISTRICT14ODAAT@GMAIL.COM**



FROM THE DESK OF LINDA W. AND JERRI S.



We are so glad that more AA members have step up to be intergroup trusted servants, but we do still have shifts not being covered on weekends. So, if you are interested in being a trusted servant, just call Jerri S. (Chair) and she will be happy to train you (Need 1 year sobriety and talk to your sponsor).

Intergroup will be having a Picnic Oct. 15, 2022, will give more details at the next meeting and in next two months in the monthly ODAAT Newsletter. We would appreciate the trusted servants, officers, committee chairs and intergroup representatives to be a part of this by setting up and breaking down, will need cooks and people helping with setting things on tables and during the picnic helping to make sure this goes smoothly. Please let me know if you are interested in being of service by calling Linda W. (Alt. Chair) at 850-582-7704, I will be the chair and contact person for this picnic. It is a joy to be of service and we hope everybody feels that way when they are helping to be a part of your own recovery. We will have information on the positions that will be open for election table with descriptions of the duties each position that will take their position on January 1, 2023 - December 31, 2025 (2 Years commitment). If you have any questions about the positions, please let us know at the picnic we would love to help you understand what you are thinking of standing for one of the positions. Remember the Responsibility Statement, it is important that we understand and live our AA recovery by that statement. We want to thank all the trusted servants that help out at Central Office, couldn't do it without you!

Linda and Jerri

aadistrict14intergroupjs@gmail.com

Jerri S. (Chair Intergroup) - 850-244-1182

Linda W. (Co-Chair Intergroup)- 850-582-7704



Wanna Go To Jail?

We can help you with that!



Carry the message to inmates at OCI Mens Prison, in Crestview
Men and Women Welcome!
Book Study, Open Discussion, and Speakers

Contact Tod W/ 850-517-0566, / jtwebster1965@gmail.com
for more information!

This is a great opportunity, to do some awesome service work!
The link below, will start the application process.

<https://apps.fdc.myflorida.com/VolunteerApplication/volunteer/create>



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



Made a list of all persons we had harmed, and became willing to make amends to them all.



“Every A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparing survey of the human wreckage he has left in his wake.”

– Twelve Steps and Twelve Traditions, p. 77



Step Eight of Alcoholics Anonymous is the beginning of the process of making amends, forgiving others and possibly being forgiven by them, in addition to forgiving ourselves. By making a list of the people we harmed and becoming willing to make amends, we take action toward healing the past with others and learning how to live in the world with our head held high, looking people right in the eye.

“Learning how to live in the greatest peace, partnership, and brotherhood with all men and women, of whatever description, is a moving and fascinating adventure.”

~ Bill W. Twelve Steps and Twelve Traditions, p. 77

Step 8 is mostly about identifying the damage you have done to others and listing those names. It doesn't matter if the harm you caused was from selfishness, carelessness, anger, arrogance, dishonesty or any other character defect... it doesn't even matter if you didn't intend to cause harm.

You are going to make a completely thorough list, considering all the ways in which it is possible to cause harm to another person. Some situations are really obvious, for instance if you stole money from a person or business, or if you exhibited physical or emotional abuse.

The names on your list could be people you bullied, cheated on or treated coldly. Whether they are living or dead or will want to hear from you or not, it doesn't matter. You are just making a list.

~jasonwahler.com



INTERGROUP COMMITTEE MEETING

MONDAY, JULY 18, 2022

Meeting opened with Serenity Prayer, Traditions 2 & Tradition 9.

Unapproved Minutes

Secretary's Report Diana C: Read and accepted.

Treasurer's Report Linda W: The ending balance for June was \$5333'ish. Report accepted.

Book Fund Report Paul B: The ending balance for May was \$3,935.96. No group is tax exempt unless you have your tax-exempt form. Any taxes not paid, ends up getting paid by the Book fund. Report accepted.

Chairperson's Report Jerry S: Working on updating bylaws and job description book. CPA has not started on taxes yet.

Co-Chair's Report Linda W: ODAATs are on the table. Trusted Servant shifts are available. Elections are on October 3.

DCM Report Patrick M: Our District hosted the Friday workshop on How to Carry the message at Area. He attended the Treatment Committee last Saturday and Forensics is back to the Corrections Committee. Booths for Committees have been requested for Serenity by the Sea. The Traditions Workshop will take place at Christ the King Church on Saturday, September 17th. Come to District meeting in August to be a part of.

AA Hotline Report Terry S: Nothing new to report.

ODAAT Report/Terry S: Nothing new to report. Continue to email ODAAT submissions to district14odaat@gmail.com.

Web Servant Report Rindy O: Visits to the web page were flat from month prior at 1,253 site sessions. Most visited site after homepage was the Printable Meeting Guide, up 25%/696 hits. The Newsletter lead with the highest increase up 86%/65hits. 564 unique visitors, of which 84% were new. 3 visits from Russia, 2 from India, and 1 Sri Lanka. All clubhouse meetings now accurately reflect "temporarily closed" if the group has not NOT reported a new meeting place.

IG Breakfast Report Don H: The July Breakfast was hosted by the Rule 62. The speaker was Billy, with 17 in attendance. The 7th Tradition basket collected \$46, rent was \$20, for a total of \$26 to IG. The August 7th Breakfast will be hosted by the Unwind Mind Group. Terry printed the flyers. September is still available for any group that wants to host.

Eat & Speak Report Don H: The Unwind your Mind group hosted the June 25th Eat and Speak. Charlie H. from Las Vegas was the AA speaker and Marnie W. was the Alanon speaker. 55 were in attendance. The 50/50 raised \$95, the Book Raffle raised \$139, the 7th Tradition raised \$96.97, for a total of \$330.97. After rent of \$50, IG received \$280.97.

OLD BUSINESS

- Fall Intergroup Service Picnic tabled until July.
- The accountant will start working on our expired tax-exempt status on July 1.

NEW BUSINESS

Terry S. – Motion to withdraw former motion to record all Intergroup functions using company name and for sale, with new motion to record all Intergroup functions without the use of company name, no sales of recordings, and the recordings will to Intergroup Archives. Voted yes.

Paul B. – Request to have disclaimer added to meeting minutes since they are not actually approved when they go into the ODAAT.

Jerry S. – Request to get IG carpets cleaned. Terry S. to leave carpet cleaner at Central Office for a Trusted Servant to use.

Linda L. – Request to have Treasurer's report in larger font and condensed to 1 page in the ODAAT.

GROUP REPORTS

Sparkle Meeting Linda L: They are growing w/20 people at their last meeting and quite a few new people. Lots of people are using the app.

Weekender's FWB Wellness Center 5:30pm Sunday. Speaker 3rd Sunday of the month. Linda W.: Jeff from Honesty spoke last night. 15-20 in attendance. Susan celebrates 37yrs..

Mossyhead Community Group 7pm Wednesday & 6pm Sunday. Food & Speaker on the last Sunday of the month. Johnny C: Eat & speak is this month. Bruce, Kevin, and Suzie will celebrate their July birthdays.

Straight Up Group FWB Run With It 12pm M W F. Don H: 9-13 in attendance. Newcomers and visitors are using the app. No birthdays.

Unwind Your Mind FWB Grace Church 7pm Wednesday step 11 Meditation meeting, also online Terry: 15-20 in attendance. All is well..

Primary Purpose FWB Journey Pure 7pm Thursday Step Study (closed) & 7pm Saturday 2 Speaker meeting. Abbey K: The July 4th BBQ was fun. They are rocking steady. Bridget & Matt will be speaking this Saturday. Susan celebrates 5yrs.

Miracle Group FWB St. Mary's Church Tuesday 8pm. Speaker on 1st Tuesday of month. Todd A: 15-20 in attendance. Todd celebrates 14yrs.

Jaywalkers FWB NW FL Fairgrounds 12pm Saturday (BB) & 12pm Sunday (12&12).Diana C: Shelby celebrated 1yr. All is well.

Friday Night Lights Santa Rosa Beach 7pm Friday Christ the King Episcopal Church. John V. – About 15-20 in attendance. All is well.

Busters for Sobriety Destin Jackacuda's 8am daily. Michelle – 20-25 in attendance and several new visitors. All is well.

Turning Point Group Crestview Triangle House 8pm Tuesday, Thursday & Saturday. Eat & Speak on last Saturday of the month.

Jacob G. – The 1st Saturday is now a candlelight meeting. Todd will be the speaker at the speaker meeting. There was 50 in attendance at their last meeting.

ANNOUNCEMENTS

Contact Abbey for anyone interested in taking a meeting into the jail.

Next meeting is Monday, August 15, 2022.

Meeting adjourned at 7:12pm.

INTERGROUP COMMITTEE MEETING

Financial Reports

****no reports recieved from July Meeting****

Book Fund Report for June 20,2022

Beginning Balance May 16,2022 \$5563.76

Expenses for May 16-June 20,2022

-FL Taxes \$85.75

-Bank Services \$2.99

-AAWS Books \$1620.35

-Wendell's \$451.41

Total Expenses \$2160.50

Income for :May 16-June 20,2022 \$532.70

Ending Balance \$3935.96

**District 14 Intergroup Treasurer Report
May 2022**

Income

Group Contributions	835.00
Intergroup Breakfast (after rent)	15.00
Conference Room Rent	20.00
Total	870.00

Group Contributions

Deckhands	650.00
Young @ Heart	60.00
Living Sober	100.00
Serenity	25.00
Total	835.00

Expenses

Bank Charges	2.99
Cable TV	209.00
Electric	58.82
office/PO Box	14.97

Rent	721.66
IG Breakfast	20.00
Other	14.99
Total	1042.43

Income	870.00
Expenses	1042.43
New Balance	9663.53



Intergroup Positions - Elections October 3rd, 2022



Chairperson

The Chairperson will be the Chief Executive Officer of this Corporation and will, subject to the control of the membership, supervise and control the affairs of the Corporation. The Chairperson will perform all duties incident to such office and such other duties as may be provided in the Bylaws which are at Central Office or as may be prescribed from time to time by membership. Chair the Intergroup Meeting 3rd Monday of each month, make sure each officer reads their report, chairperson and voting members approve their reports. Put old business on the floor for a vote then new business gets put on the floor for a vote. All Intergroup representatives give their group report. Any announcements are given, next date of the next meeting and motion to adjourn the meeting. Keep up with schedule and try to make sure the shifts open are taken on a weekly basis, also do training for new trustees working at central office. Make sure Treasurer Report and Secretary Report is completed before the next meeting. Make sure all deposits and checks are out of safe to deposit before the monthly meeting. Make sure all bills have been paid on time, need to check with treasurer. Make sure if repairs need to be done and if service need to be done at central office it is handled.

Alt. Chairperson

Will help the Chairperson and in their absence will be there to fill in when needed.

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 one 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 representatives 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 representative 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.

Book Fund Chair

There will be a standing Book Fund Committee consisting of one (1) Chairperson and alternate for the management of purchases and sale of books, medallions, chips, and other material authorized by the Corporation. Separate bank account will be maintained for transactions within this fund with excess being transferred into the general corporate account. Excess will be determined by the Chairperson of the Book Fund Committee. The Chairperson of the Book Fund Committee will keep and maintain adequate and correct accounts of business transactions. Also, will render reports and accountings to the Corporate Officers and Members.

AREA DISTRICT 14 GSR MEETING WITH SERVICE COMMITTEE REPORT

JULY 06, 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: Grapevine: Literature: PI/CPC: Treatment: CJ

MEETING

The meeting was opened with the Serenity prayer. The step, tradition, and concept corresponding with the month was read. Total attendance 16. 10 in person. 6 virtually.

New GSR's: Sandy C.- Deckhands

Secretary: Brad A. read the minutes from June. Greg B. motioned to accept Jerome F. seconded. The Secretary's report was accepted.

Treasurer: Sarah O. reports June amounts as follows: Opening Balance: \$10,214.36, Income: \$70.00, Expenses: \$96.00, Ending Balance: \$10,193.36. Prudent Reserve \$1,515.73. Jerome F. motioned to accept. Greg B. seconded. The Treasurer's report was accepted.

DCM: Patrick McD. reports attending meetings throughout District 14 and continues to encourage group service and for GSR's to get involved at the District level. He has been corresponding with Tod and Abby at Corrections addressing some issue. He plans to attend Area and help host the District 14 Friday 530 meeting. The meeting will be on "carrying the message anytime, anywhere." Other meeting volunteers include Jason, Susan M., and Dawn O. Sarah O. motioned to accept. Susan M. seconded. The DCM report was accepted.

Alt. DCM: Dawn Ossont reports Traditions Workshop date is September 17 th , 10-3 and will be hosted by the Friday Night Lights Group. Set up at 9am. Lunch break from 12-1pm. Tradition assignments for the workshop will be assigned at August District meeting. She requests help with food. Will get with Sarah O. for grocery purchases. Patrick McD. will contact Paul B. regarding tradition pamphlets. Greg B. motion to accept. Jerome F. seconded. The Alt DCM report was accepted.

SERVICE COMMITTEE REPORTS

CORRECTIONS: meets third Tuesday of every month @ 6:30pm. Tod W. (Chairperson), Abby K. (Alt. Chairperson) Women are now going into the OCI facilities but shall be accompanied by men. Meeting are being taken into OCJ & OCI. Contact has been made with WC regarding meetings.

TREATMENT: meets the second Saturday of Every month, 10:00am at CO and virtually. Meeting ID: 84372038669. Password: Treatment. CJ (Chairperson) reports: Forensic Pretrial Program (old shell street detox) - Jen B reports on the new Tuesday meeting- Michael M and herself took the meeting in- very positive meeting 12-14 ppl in attendance participants very interested in acquiring a Big Book of Alcoholics Anonymous. CJ reports on Thursday meeting her and Ted took the meeting in 10-12 ppl in attendance great participation. Home of Grace - Joe S leading meeting going well. Opportunity Place- Jerome to give Jen B contact info.

New Business:

FWBMC Behavioral Health: Darrie lead meeting Monday 6/13/22 @6pm Leah S joined looking for others to rotate Mondays at 6 - 3-4 ppl in attendance

Jen B needs 5 Big Books for Forensic Meeting- received them after meeting

Grapevines donated to anyone who wants them for treatment centers

Welcome Michael M to Treatment Committee

Welcome Brian J to Treatment Committee

TECHNOLOGY: Scott C (Chairperson) reports website receiving inquiries regarding meetings. IG has responding to the requests.

INTERGROUP: Linda W. (Co-chairperson) reports the following: IG chairperson elections coming up in October. Working on IG officer information requirements and plan to provide to the ODAT for publication. Please take back to home groups. CO shifts available as follows: Tuesday 4-8, Friday 4-8, Saturday 12-4 pm and 4-8 pm, Sunday 9-1 and 4-8. Reports the July ODAAT is available on internet and will be printed this week.

NEW BUSINESS

Greg B. notion for Scott C. to investigate ETF options for District 14 group payments submittal. Jerome F. seconded. Approved.

AREA DISTRICT 14 GSR MEETING WITH SERVICE COMMITTEE REPORT

JULY 06, 2022

SERVICE COMMITTEE REPORTS

ARCHIVES: Suzie B(Chairperson) No Report.

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GRAPEVINE: Michelle G. (Chairperson) Michelle can be reached at 850-543-9149 for info. No Report.

LITERATURE: Need Chairperson. No Report.

PI/CPC: Need Chairperson. No Report.

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CLOSING

Meeting closed with the Lord's Prayer. Next meeting August 05, 2022.

**AREA 1 ALABAMA NORTHWEST FLORIDA
DISTRICT 14 - TREASURER'S REPORT
Jun-22**

CHECKING ACCOUNT	Jun-22	10,363.76	
PRUDENT RESERVED	Jun-22	1,515.73	
TOTAL CASH		11,879.49	
Synovus Startement of Accounts			
District 14 Funds		10,214.36	
CHECKING ACCOUNT DISTRICT 14	6/30/2022		10,214.36
Group Contributions	DATE	AMOUNT	
Women's Spiritual Axiom SRB	6/27	30.00	
Miracle Group FWB	6/15	40.00	
Total Group Contributions		70.00	70.00
Expenses			
District Treasurer PO Box Fee 6 Months	6/28	(91.00)	
Total Expenses		(91.00)	(91.00)
Net change for June			(21.00)
District 14 Funds Cash Balance			10,193.36
Synovus Bank Balance			10,193.36
Difference			



Sobriety Birthdays

Deckhands

DAVID M./5 AUGUST 2020/2 YEARS
ROBIN D./9 AUGUST 1999/23 YEARS
JOEL P./ 17 AUGUST 2021/1YEAR



Sparkle Group

Veronica F - August 15 - 3 Years
Lotte N. - August 24 -1 Year



There Is A Solution

Kristi O. 1 year

Please submit birthdays/anniversaries to district14odaat@gmail.com

*Experience
Strength
& Hope*

Speakers

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

Primary Purpose-Saturdays 7pm

8/6

Jennifer B. - Serenity

Jamie G. - Early Risers

8/13

Lauren P. - Gulf Breeze Group

Rick S. Gulf Breeze Group

8/20

Margie K. - Jaywalkers / TBA

8/27

Lucinda B. - Busters / TBA

INTERGROUP BREAKFAST



Hosted By UNWIND YOUR MIND

August 7th, 2022

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

Speaker : Les H. / Pensacola

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.

NEW!

A Monthly Fellowship Get-Together.

We meet around 5pm once per month and travel to a meeting in another city followed by dinner.

*Day will rotate between Saturdays and Sundays.

**Time of departure will vary depending on destination.



NEXT TRIP

Saturday August 13th

Meet and Depart from Publix Parking Lot @ 5pm
251 Miracle Strip Pkwy SE, Fort Walton Beach, FL 32548

Destination: Camel Club

Saturday Night Live ~ 7pm Meeting

For details contact:

Alex (850) 460-5119 or Terry (386) 262-6810

Saturday Night **LIVE**

Saturdays 7pm / Camel Club

8/6 - Pam W.

8/13 - Terry S.

8/20 - Cortney O.

8/27 - Natalie K.

Laughing Out Loud



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

How do you get a drunk up on the roof?
Tell him drinks are on the house.

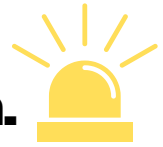


THIS TO SHALL PASS.
It may pass like a kidney stone
BUT IT WILL PASS.

What would you call a drunk who
works at an upholstery shop?
A recovering alcoholic.



My check liver light came on.



Heard in a meeting...



"Every alcoholic has a sobriety date, but some are carved into tombstone."

" HOW YOU MAKE OTHERS FEEL ABOUT THEMSELVES SAYS A LOT ABOUT YOU."

"You live most of your life inside your head...
Make sure it's a nice place to be."

"In order to empathize with someone's experience, you must be willing
to believe them as they see it, and not how you imagine their
experience to be."

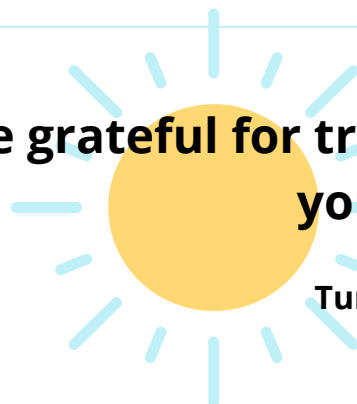


First the man takes a drink,



then the drink takes the man.

**Be grateful for triggers, they show you where
you are not free.**



Turns out it wasn't me vs. the world at all.
It was ME vs. Me.
It has always been ME vs. Me.



SUMMER SERENITY XIX AT THE BEACH

@ Hilton-Sandestin Beach and Golf Resort*
Sept. 2nd - Sept. 5th 2022

Friday September 2

- 6:30 am Beach Meeting
- 4:00 pm Open Registration
- 7:30 pm Raffle Drawing
- 8:00 pm Brendan D Seattle, WA (AA)

Saturday September 3

- 6:30 am Beach Meeting
- 10:00 am Golf Scramble (paid participation)
- 11:00 am Open AA Meeting
- 6:00 pm Kathy H. Cincinnati, OH (AFG)
- 7:30 pm Raffle Drawing
- 8:00 pm Amy D Louisville, KY (AA)

Sunday September 4

- 6:30 am Beach Meeting
- 10:00 am Malissa D Memphis, TN (AA)
- 12:00 pm BrownBagger's Meeting (Camel Club)
- 1:15 pm Speaker Appreciation Lunch (CC)
- 6:00 pm Maria S Los Angeles, CA (AFG)
- 7:20 pm Silent Auction Closes/Golf Awards

Monday September 5

- 6:30 am Beach Meeting
- 10:00 am Jimmy D. Memphis, TN (AA)

To register, visit www.summerserenityatthebeach.com or mail registration form and payment to:
PO Box 6176, Miramar beach, FL 32550. Make checks payable to "SSATB".
Registration Fee: \$50 single/\$90 couple **After August 1, \$55 single/\$100 couple**
Golf fee \$60/player

Name: _____
 Name: Additional Registrant: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____ Additional Email: _____

*Special room rates begin @ \$240/night Call 800-559-1805 and mention group code SSB or follow the link to www.my-event.hilton.com/summerserenity2022ssb/



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
El 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

Reservations must be received by the hotel before July 8, 2022

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



AA Area 1, District 14 TRADITIONS WORKSHOP



Come join us on September 17th for a Saturday filled with food, fun, and fellowship as we explore the history and the mystery of AA's Twelve Traditions. Multiple homegroups from our very own District 14 will be joining together for the presentations and workshops. Friday Night Lights will act as our hosts for this District-wide event.

- | | |
|----------|--|
| 9:45 AM | Welcome & Refreshments |
| 10:00 AM | Traditions 1-3 |
| 11:00 AM | Traditions 4-6 |
| Noon | Lunch (We will provide Sandwiches, Beverages, Dessert) |
| 1:00 PM | Traditions 7-9 |
| 2:00 PM | Traditions 10-12 |

We hope to see you there!

51st GULF COAST ROUNDUP

February 10th – 12th, 2023
On the Gulf Coast of Okaloosa Island at
The Island Resort
1500 Miracle Strip Pkwy SE
Fort Walton Beach, FL 32548



Friday

- 4:30pm Chuck H. (AA) Destin, FL
- 8:00pm Palmer G. (AFG) Miami, FL

Saturday

- 10:00am Ella S. (AA) Reykjavik, Iceland
- 2:00pm Tim T. (AA) Manson, IA
- 8:00pm Robbie W. (AA) Wildwood, NJ

Sunday

- 9:30am Cynde T. (AA) Manson, IA

Room Rates – good from Feb 9 thru Feb 13	
Standard (king or 2 queens)	\$105 per night*
Poolside (king)	\$130 per night*
Poolside (2 queens)	\$135 per night*
Gulf Front (king)	\$140 per night*
Gulf Front (2 queens)	\$145 per night*
Suites	
Gulf Front Suite (K or 2Q)	\$205 per night

Email reservations@mainsailhotels.com or Call (850) 337-9194 (ask for Vanessa or Jackie)
Reserve before January 10 to guarantee rates
*plus tax

ENTERTAINMENT PROVIDED BY COMEDIAN HYPNOTIST
TERRY STOKES, JR
SATURDAY NITE AFTER THE MEETING

YOGA on the BEACH!! Saturday & Sunday morning at 7:00am with Mollie Densley
Early bird meetings (combined discussion) Saturday & Sunday morning at 8:15am

Register (PayPal) at www.GulfCoastRoundup.com or mail a check with the form below:

Gulf Coast Roundup – February 10-12, 2023 – Registration \$25 each

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

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