



# BROTHERLY LOVE

# Alcoholics Anonymous

## 9TH STEP

**"MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS."**

## 9TH TRADITION

**"A.A., AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BOARDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE."**

## 9TH CONCEPT

**GOOD SERVICE LEADERS, TOGETHER WITH SOUND AND APPROPRIATE METHODS OF CHOOSING THEM, ARE AT ALL LEVELS INDISPENSABLE FOR OUR FUTURE FUNCTIONING AND SAFETY. THE PRIMARY WORLD SERVICE LEADERSHIP ONCE EXERCISED BY THE FOUNDERS OF A.A. MUST NECESSARILY BE ASSUMED BY THE TRUSTEES OF THE GENERAL SERVICE BOARD OF ALCOHOLICS ANONYMOUS.**

*"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.*

# BROTHERLY LOVE

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*September 2022*

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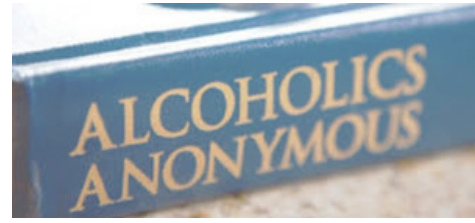
**Birthdays**

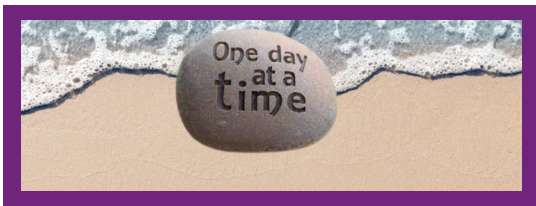


*"Each day, somewhere in the world, recovery begins when one alcoholic talks to another alcoholic, sharing experience, strength, and hope."*

## 9th Step Prayer

*GOD, give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life. AMEN*





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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**Fort Walton Beach, FL. 32548**  
**(850) 244-2421**  
**[www.fortwaltonbeachaa.org](http://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](mailto:district14odaat@gmail.com)** by the 15th of each month.

In Love and Service,  
**Terry S.**  
**(386)262-6810**  
**[district14odaat@gmail.com](mailto: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:  
**September 5th @ 6:30 PM**

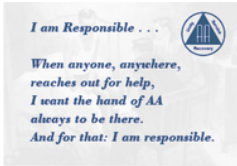
Central Office  
 and on Zoom  
[www.zoom.us](http://www.zoom.us)  
 ID: 8217 546 8660  
 Password: district



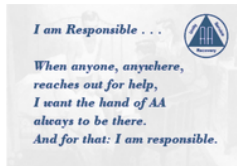
Next Intergroup Meeting:  
**September 18th 6:30 PM**

Central Office  
 and on Zoom  
[www.zoom.us](http://www.zoom.us)  
 ID: 854 8645 8921  
 Password: service

**TO SUBMIT ARTICLES, STORIES, BIRTHDAYS, ANNOUNCEMENTS, ETC..  
 EMAIL : [DISTRICT14ODAAT@GMAIL.COM](mailto:DISTRICT14ODAAT@GMAIL.COM)**



**FROM THE DESK OF LINDA W. AND JERRI S.**



Hope all is well with everyone, we are looking forward to the elections Oct. 17, 2022, at Central Office 6:30pm, all positions will be available so please come be a part of and be willing to be of service for Intergroup for the next 2 years. We are also excited about the picnic Oct. 15, 2022, at Liza Jackson Park near Boat Ramp between 11:00am - 2:00pm, please look at the flyer attached for details. You will see some descriptions of the positions that will be open starting Jan. 1, 2023. Thanks for all the Trusted servants, Officers, Committee chairs and our Groups turning in their contributions for Intergroup. You are all a blessing for intergroup, we couldn't do this without you. Thank you for giving us the honor of electing us and putting up with us. If you have any questions about the positions, we will have information on the table for you to review and take home so you are aware the responsibility of the positions we are voting on.

*Linda and Jerri*

[aadistrict14intergroupjs@gmail.com](mailto: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!**



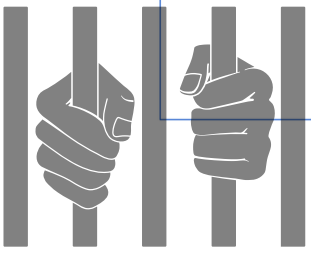
Carry the message to inmates at OCI Mens Prison, in Crestview  
Men and Women Welcome !  
Book Study, Open Discussion, and Speakers

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



This 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 direct amends to such people wherever possible, except when to do so would injure them or others.”**

“The readiness to take the full consequences of our past acts, and to take responsibility for the well-being of others at the same time, is the very spirit of Step Nine.”

– Twelve Steps and Twelve Traditions, p. 83

At this point in our step work we may be trudging the road to happy destiny, but we’ve reached the point where we must repair what we left behind us on a path of shattered relationships. Step Nine of AA Alcoholics Anonymous is the perfect time to let go of the horrible way we feel about our past and to radically repair relationships. Walking around with the weight of amends that need to be taken care of really sucks. More importantly, living with the left over guilt and shame from past wrongdoings prevents us from moving forward and puts us at risk for drinking again.

### Three kinds of amends:

**Direct Amends** – taking personal responsibility for your actions and confronting the person who you would like to reconcile with.

**Indirect Amends** – finding ways to repair damage that cannot be reversed or undone by doing things like volunteering and helping others.

**Living Amends** – when you show others as well as yourself that you have made a genuine lifestyle change and are making a commitment to yourself and those that you have hurt that you will & have discarded your previous destructive behaviors.

### Restoration, Resolution and Restitution.

**Restoration** means bringing something back to its former state, usually things that have been damaged. This can mean restoring our reputations, and even restoring trust in a relationship.

**Resolution** as recovering alcoholics, means we likely have past experiences that plague us or disturb us in some way. Finding a resolution to these problems means coming up with answers and solutions and laying them to rest.

**Restitution** as it relates to the Ninth Step is the act of returning something material (or abstract) to its rightful owner.

~jasonwahler.com



**INTERGROUP COMMITTEE MEETING**  
AUGUST 2022

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

**Secretary** Notes Read by Abbey K - Approved by Group **Treasurer** Report Read by Linda W - Approved by Group

**Book Fund** Read by Paul - Approved by Group **Odaat/Hotline** Report Ready by Terry - Approved by Group

**Intergroup Chair** - Linda W / Approved by Group / New Budget to be discussed with New Business

Taxes are still in process/ With have a new Trusted Servant - Angela - for Thursdays at 12-4 pm

We have open shifts open for Friday, Saturday and Sunday for 4-8 and 8-12

October 15th Intergroup BBQ 11-2 pm at Liz Jackson - Family Event / Pre-Election Bash Reservation has been paid in full to include power source /Meat (Hamburger Patties and Hotdogs will be provided) From Sams /Intergroup asking for a total of \$250 for the food at the event /Asking for sides and games (cornhole) from the committee members)

Need an additional grill /Will Have 50/50 Raffle at Event

**Web** - Read by Rindy / Approved by Group / Site Sessions up by 5% / New Visitors up by 85% Niceville is Trending highest Locally

**Breakfast** - Read by Don / Approved by Group / August Breakfast hosted by Unwind - Great Speaker from Pcola - Les 28 people attended / Made \$36 bucks September Meeting is Canceled - Holiday Weekend

October Meeting hosted by PPG \* Talk about making Breakfast at 10:30 instead of 9am - Don will keep us updated \* Need Group for the September Eat N Speak \*\*\* start setting up at 4 pm and dinner at 5 - Ask your homegroups for help

**DCM** - Read by Pat / Approved by Group /All is well and all is moving along smoothly Treatment Community Workshop

**Corrections**- Read by Abbey / Approved by Group / Lots of new activity and growing fast

Open for new service work and asking for new members to join

**Old Business** - Read by Linda / Approved by Group / Discussed and Approved in opening - Picnic - Did not revisit

**New Business** - Read by Jerry S / Approved by Group

Budget reviewed and approved / Need to add the Picnic budget of \$250

### Group Reports

**Sparkle - Linda L:** Growing - New People - Great Sobriety

**Unwind - Paul:** 20 people at Meditation

**Turning Point - Jacob:** Eat and Speak 30-50 attendees - 3rd Sat Bday celebration

**Mossyhead Community Group - John:** No Eat n Speak this month - All is well

**Early Riser Navarre** - St Augustine meetings: about 23 people at meeting: Mon - Sat 7 am; Wed 5:30 pm meeting/ 2nd Wednesday with dinner/ Beach Meeting Sunday at 6:30 am

**\*\* Life is better at the Beach Event\*\***

October 8, 2022 from 11 am to 3 pm Sand Piper Pavilion in Navarre Beach Marine Park

**Straight up Group - Don:** 9-13 people / NO bdays this month / Looking for new location

**There is a Solution - Niceville - Kristi:** Mon., Tuesday and Wednesday 5:30 to 6:30 pm: Averaging 6-12 - Newcomers / Tuesday night Big Book Study

**Rule 62 - Jennifer G:** Daily Meetings at 6:30. Monday, Wednesday and Friday are Big Book Meetings. Mike G is celebrating 12 yrs with Open discussions on Tuesday and Thursday

**Weekenders - Linda W:** 3rd Sunday Paul Fox is speaking No B days and everything is well

**PPG - Abbey K:** All is great and meeting attendance is still great.

**INTERGROUP COMMITTEE MEETING**  
*Financial Reports*

District 14 Intergroup Treasurer Report  
AUGUST 2022

Income

<b>Group Contributions</b>	<b>1381.60</b>
<b>Intergroup Breakfast (after rent)</b>	<b>36.00</b>
<b>Conference Room Rent</b>	<b>20.00</b>
<b>GSC/Dist Rent (3 Months)</b>	<b>354.00</b>
<b>Total</b>	<b>1791.60</b>

Group Contributions

<b>Young @ Heart</b>	<b>60.00</b>
<b>Rise and Shine</b>	<b>120.00</b>
<b>Jaywalkers</b>	<b>90.00</b>
<b>Honesty Group</b>	<b>300.00</b>
<b>Early Risers</b>	<b>741.60</b>
<b>PP Woman's Group</b>	<b>50.00</b>
<b>Miracle Group</b>	<b>30.00</b>
<b>Total</b>	<b>1381.60</b>

Expenses

Bank Charges	2.99	Rent	831.66
Cable TV	209.20	IG Breakfast rent	20.00
Electric	153.68	Other	14.99
Area Stipend	225.00	Total	1505.90
office/PO Box	58.38		

<b>Income</b>	<b>1791.60</b>
<b>Expenses</b>	<b>1505.90</b>
<b>New Balance</b>	<b>9641.78</b>
<b>Prudent Reserve</b>	<b>1814.22</b>

# The 9th Step Promises

If we are painstaking about this phase of our development,  
we will be amazed before we are half way through.  
We are going to know a new freedom and a new happiness.  
We will not regret the past nor wish to shut the door on it.  
We will comprehend the word serenity and we will know peace.  
No matter how far down the scale we have gone,  
we will see how our experience can benefit others.  
That feeling of uselessness and self pity will disappear.  
We will lose interest in selfish things and gain interest in our fellows.  
Self-seeking will slip away.  
Our whole attitude and outlook upon life will change.  
Fear of people and of economic insecurity will leave us.  
We will intuitively know how to handle situations which used to baffle us.  
We will suddenly realize that God is doing for us  
what we could not do for ourselves.  
Are these extravagant promises? We think not.  
They are being fulfilled among us—sometimes quickly, sometimes slowly.  
They will always materialize if we work for them.

- Big Book pages 83 & 84



## Speaker Spotlight

Opening Speaker: Chuck H. / Destin, FL  
Friday February 10th, 2023 4:30pm

What is your sobriety date? *December 16, 1988*

What is your homegroup? When/where does it meet? *"Busters at Jackacudas."  
Daily at 8am Destin, Florida.*

Do you currently hold any service positions? *No*

Did you ever relapse? What happened? What has changed? *No*

What is the most important lesson you have learned in sobriety? *That we don't all start at the same place.*

What is your favorite line /phrase from the Big Book? *Families will be reunited.*

What is the best piece of advice you received from a "long-timer"? *Keep coming back...after I threatened to throw said old timer out of a window.*

What is the best thing you've ever heard in a meeting? *So many but currently, "I'm not always right but I'm always sure."*

What step was the hardest for you? Why? *Step 4, because I was illiterate when I got sober.*

What tradition means the most to you? *7th Tradition, because before I got sober all I did was take.* What would your sponsor say about you? *The sponsor I had the longest (18 years) would say I have become an adult.*

What advice would you give to a newcomer? *If you do all of AA, I guarantee that your life will get different.*

# AREA DISTRICT 14 GSR MEETING WITH SERVICE COMMITTEE REPORT

AUGUST 2022

**District 14 GSR Officers Present:** DCM: Patrick McD. Alt. DCM: Dawn O. Treasurer: Sarah O. Secretary: Brad A.

**SERVICE COMMITTEE CHAIRS PRESENT:** Archives: Suzi B. Corrections: Grapevine: --- Literature: --- PI/CPC: --- Treatment: --- Technology: Scott C. Intergroup: Linda W. 1/4ly Eat & Speak, Am-Vets Breakfast: ---

## MEETING

The meeting was opened with the "Serenity" prayer. The step, tradition, and concept corresponding with the month was read. Total attendance 16. 15 in person. 1 virtually.

**New GSR's:** Mark C.- Busters for Sobriety

**Secretary:** Brad A. read the minutes from July. Sarah O. motioned to accept Ron M. seconded.

The Secretary's report was accepted.

**Treasurer:** Sarah O. reports July amounts as follows: Opening Balance: \$ 9,857.68, Income: \$1,516.82, Expenses: \$0.00, Ending Balance: \$11,374.50 (\$585.65 in undeposited funds).

Prudent Reserve \$1,515.78. Jerome F. motioned to accept. Mike L. seconded. The Treasurer's report was accepted.

**DCM:** Patrick McD. reports the following: He has been announcing the Traditions Workshop at various meetings. He is working closely with the Corrections committee. There is a new Area PO Box address: Area 1 AL/NWFL, 2135 Interstate Drive, Box 209, Opelika, AL 36801. He asks that any group dropping contributions at CO clarify which entity of AA is to be the recipient. He suggests all payment to District 14 GSC be mailed to PO Box 4022, Shalimar, FL 32578. He reminds groups that GSO is still low on funds and asks groups to consider contributing. Sarah O. motioned to accept.

Scott C. seconded. The DCM report was accepted.

**Alt. DCM:** Dawn Ossont reports the following: Elections coming up in October. Elections information can be found in the AA Service Manual. Service manuals are available at CO. Guidelines and policies for District 14 GSC went out via email. The following positions will be open: DCM, Alt. DCM, Treasurer, and Secretary. She suggests the AA pamphlet "The AA Group" is good for home group service reference. Pamphlet is available on AA.ORG for free or at CO for \$0.20. She announced set-up and clean-up service work is available at the Traditions Workshop. Traditions Workshop presenters have been emailed resources for reference. Sources include AA Comes of Age, Pass It On, Dr. Bob & The Oldtimers, Our Great Responsibility, Grapevine's: The Language of the Heart, The Homegroup: Heartbeat of AA.

Other resources include pamphlets: The 12 Traditions Illustrated, AA Traditions: How IT Developed and Grapevine Traditions Checklist. Pamphlets will be provided at the Workshop. Additionally, one can search GSO.ORG by entering the tradition of interest. She anticipates a strong workshop turnout from the Panama City area. Susan M. motion to accept. Mike L. seconded. The Alt DCM report was accepted.

## SERVICE COMMITTEE REPORTS

**ARCHIVES:** Suzie B (Chairperson) reports attending the Summer Serenity. The Archives display was loaned to John King with Summer Serenity. All went well. Archives will bring the displays to the Traditions Workshop.

**CORRECTIONS:** meets third Tuesday of every month @ 6:30pm. Tod W. (Chairperson), Abby K. (Alt. Chairperson) No Report.

**TREATMENT:** meets the second Saturday of every OTHER month, 10:00am at CO and virtually. Meeting ID: 84372038669. Password: Treatment. CJ (Chairperson) reports: No Report.

**TECHNOLOGY:** Scott C (Chairperson) suggests an ETF for contributions to District 14 GSC. States most AA entities use ETFs. Announced every District 14 Service Committee has a virtual link available for use, at their discretion.

## OLD BUSINESS

Scott C. to investigate ETF options for District 14 group payments submittal.

### New Business:

Scott C. motioned to provide \$225 stipend for all District 14 officers for Area Assembly. Suzi B. seconded. Discussion: Take back to home groups. Tabled.

Scott C. motioned to create ETF for District 14 GSC in order to receive group contributions. Sarah O. seconded. Approved.

Scholarship requests were made by the following groups: Young at Heart, Lakeview, and Mossy Head. Minutes from the District 14 GSC meeting on April 04, 2022, state the following regarding scholarships for Area Assembly attendance:

Veronica F. (Sparkle Group) motions to reimburse up to \$225 validated with receipts for Area attendance. Approved.

Dawn O. motions the process for Area Attendance Scholarship be pre-approved with District 14.



**DISTRICT 14 TREATMENT COMMITTEE MEETING MINUTES**

**Saturday, July 16, 2022**

Attendance – 12 CJ, Jennifer L, Jennifer B, Darrie E, Bryan J, Lotte N, Jerome F, Pat M, Dan W, Dawn F, Michael M, Leah, Paul S, 0 by Zoom Chair – CJ Co. Chair: open Secretary: Jennifer L Meeting Opened by CJ at 10:03AM with the Serenity Prayer Traditions 1, 2, & 9 read by Darrie E

Opening Comments – Welcome to first time attendees, Dawn and Leah.

Secretary's Report (Minutes from last meeting) – Jennifer L, Minutes Read and accepted by vote.

Birthdays – none reported

Facility Reports:

DUI School (Bridgeway, 137 Hospital Dr. FWB, Thursdays @7pm) - Jerome said Jim C is bringing in meeting about twice a month. Jerome and Joe S will go with him. DUI school contacts Jim when they have enough people for a meeting.

Twelve Oaks – Leah goes with Mike C on Thursdays at 7pm, Paul S goes every 4 th Sunday and has around 15-20 residents attend the meeting.

One Hopeful Place (Old FWB wastewater system building by Pepitos, FWB) – No change. Only Celebrate Recovery is going in there right now.

FWBMC Behavioral Health (Mondays 6pm) - Leah and Darrie have been taking a meeting each week, they have 7 others to go. Bryan expressed interest in going.

Twin Cities Pavilion (ALF in Niceville, 1pm Wednesdays) - Paul F and Dan W go in each week together. 2-3 regulars attend.

Cope Center (Defuniak Springs) - Jerome F. reports that 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) – This meeting will be turned over to the Corrections

Home of Grace (on Lovejoy in FWB, Thursdays @6PM) - Jerome F said 2 to 3 regulars usually attend. It's a men's only homeless shelter, they come straight from hospital, some have long term sobriety. Jerome periodically watches speaker videos with the men and has had success.

Opportunity Place - Leah will make contact this month.

Emerald Coast Health and Rehab - Jennifer B and Michael M will make contact.

OLD Business - none

NEW Business -

Add Emerald Coast Health and Rehab to list of facilities. Darrie made motion to meet every other month, Paul; S seconded and all in favor.

Comments - We have big books in file cabinet, sign them out when taking some to the facilities. Jennifer L will make sign out sheet. Treatment Committee Training has taken place about once a year, we will schedule as needed. CO-CHAIR STILL NEEDED FOR TREATMENT COMMITTEE; sobriety requirement is one year. Announcements - Next meeting will be September 10 th , 10AM at Central Office.

Motion to Close, approved – Meeting Closed with the Lord's Prayer at 10:33.

# Sobriety Birthdays



## Deckhands

MARION M/6 SEPT 2020/2 YEARS  
JOSH W/9 SEPT 2016/6 YEARS  
LANI T/10 SEPT 2021/1 YEAR  
KEVIN C./28 SEPT 2020/2 YEARS



**There Is A Solution**  
Cheryl O. 37 Years

Please submit birthdays/anniversaries to [district14odaat@gmail.com](mailto:district14odaat@gmail.com)

*Experience  
Strength  
& Hope*



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

## Primary Purpose-Saturdays 7pm

9/3

Larry D. / Navarre Fellowship

9/10

Michael M. - Miracle Group

Savage B. - Brown Baggers

9/17

Kari D.. - Serenity Group

Chuck H. - Busters

9/24

Michelle D. - Serenity Group PNS

Alice C. - Sparkle

## INTERGROUP BREAKFAST



Hosted By PRIMARY PURPOSE

October 2, 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 @ 10:30 AM

**Speaker : TBA**

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 once per month and travel*

*to a meeting in another city/town followed by dinner.*

*\*Day will rotate between Saturdays and Sundays.*

*\*\*Time of departure will vary depending on destination.*



**NEXT TRIP**

**SUNDAY SEPTEMBER 11th**

Meet and Depart from Publix Parking Lot @ **3pm**

251 Miracle Strip Pkwy SE, Fort Walton Beach, FL 32548

**Destination: Stools & Bottles / Navarre**

*For details contact:*

Alex B.(850) 460-5119 Terry S.(386) 262-6810

Jennifer B. (850) 240-9916

## Saturday Night **LIVE**

Saturdays 7pm / Camel Club

9/3 - Jerry M.

9/10 - Robbie

9/17- James

9/24 - Eric.

# Laughing Out Loud



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

when you hit an AA meeting full of oldtimers and your friend says "clean" instead of "sober"



Police stop an elderly man at 2:00 a.m. and is ask him where he is going at this time of night. The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late." The officer then asks, "Really? Who is giving that lecture at this time of night?" The man says, "That would be my wife."



How many members of Alcoholics Anonymous does it take to change a light bulb?  
Only one, but the bulb has to want to change.

## Heard in a meeting...



"I have never regretted something I didn't say."

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



### Usefulness Prayer

God, help me today to find balance  
Between my character defects and the  
Principles of our Program  
So as, to be useful  
To myself, all others, and You,  
The God of my understanding.<sup>1</sup>

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

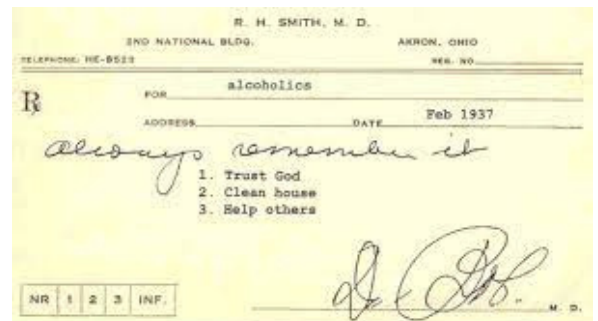
"Peace isn't found in the absence of the storm.  
Peace is found in the presence of God."



First the man takes a drink,



then the drink takes the man.





# ★ Events

Get ready for a wonderful

## Intergroup Service Picnic

Celebrate with friends, games, food, and more.  
Bring a dish or dessert to share. Everyone is welcome!

October 15, 2022 – 11:00am – 2:00pm  
LIZA JACKSON PARK – NEAR BOAT RAMP

HOT DOGS AND HAMBURGERS-MEAT PROVIDED

RAFFLE 50/50



## AA Area 1, District 14 TRADITIONS WORKSHOP



Come join us on September 17<sup>th</sup> 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!

## 51<sup>st</sup> GULF COAST ROUNDUP

February 10<sup>th</sup> – 12<sup>th</sup>, 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*
<b>Suites</b>	
Gulf Front Suite (K or 2Q)	\$205 per night
Email <a href="mailto:reservations@mainsailhotels.com">reservations@mainsailhotels.com</a> 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](http://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 Badge(s) \_\_\_\_\_

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

**SEPTEMBER 9-10, 2022**

**FRIDAY**

**THE HISTORY OF SPONSORSHIP**  
A PRESENTATION BY: RICK F. - PENSACOLA, FL

**THE COMEDY HYPNOTIST**  
TERRY STOKES JR

**SATURDAY**

**COME AND JOIN US  
FOR A DEEP DIVE INTO  
OUR TWELVE TRADITIONS!**

**Friday Night - Baked Potato Bar!**  
**Saturday**  
**Donuts, Coffee, Lunch - Nacho Bar,  
& Spaghetti Dinner**

SPANISH FORT LODGE #916 F&AM  
8435 Spanish Fort BLVD, Spanish Fort, AL

**FRIDAY**

6:00 - BAKED POTATO BAR!  
7:00 - AA History of Sponsorship  
8:00 - Comedy Hypnotist

**SATURDAY**

8 am - Meditation  
8:30 - Coffee -n- Donuts!  
9:00 - Tradition 1  
9:30 - Tradition 2  
10:00 - Tradition 3  
10:30 - Tradition 4  
11:00 - Q&A

12:00 - NACHO BAR!  
1:00 - Tradition 5  
1:30 - Tradition 6  
2:00 - Tradition 7  
2:30 - Tradition 8  
3:00 - Q&A  
3:30 - Tradition 9  
4:00 - Tradition 10  
4:30 - Tradition 11  
5:00 - Tradition 12  
5:30 - Q&A  
6:00 SPAGHETTI DINNER!  
7:30 - A&A KARAOKE!!!

\*We will take breaks in between presentations as time permits.