

One day
at a
time

APRIL 2021

ODAAAT

AREA 1 DISTRICT 14 NEWSLETTER

ODAAAT



**4th
Step**

**4th
Tradition**

**4th
Concept**

4th Step Principle - COURAGE

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APRIL 2021

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R. H. SMITH, M. D.
180 NATIONAL BLDG.
5511
ALBION, OHIO
FOR alcoholics
ADDRESS _____ DATE Feb 19
Days assembly
1. Trust God
2. Clean house
3. Help others
3 INF.

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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FROM THE DESK OF LINDA W. AND JERRI S.

It is an honor to be of service as Jerri S., Chair and Linda W., Co-Chair for Intergroup/Central Office. Thank you for this opportunity to be of service for the next 2-year term.

We appreciate all the members who have stepped up to do service at the central office. What an amazing journey it can be for you by doing service for District 14 Intergroup. Please come and be a part of our journey. We have attached the schedule of available 4 hour shift positions that we still need trusted servants to fill. You will be helping by answering central office phones, being there if someone walks in off the street and needs to talk, and for people that come in to buy supplies (books, chips etc.) At this point there are many hours where this is not happening due to lack of support from members in our district. We cannot do this alone so we need your help!

If you decide to volunteer you will be amazed when you see how much service work helps with the growth of your own recovery! It is our responsibility to give back what we have been given or there is a chance we may lose our own sobriety. Please remember that this is a "we" program not an "I" program.

After 8pm the Hotline answers the phones so we also need members to step up to answer these calls as well, from the still suffering alcoholics that may call.

Please call Jerri S or Linda W and we will set up a time for an orientation of the procedures. Once you are volunteering, if you are ever unable to work your scheduled shift, you are responsible to find another trusted servant who can cover for you. That person will have to be someone who has completed the orientation as well. Also, please inform Jerri S. in advance who is taking your schedule shift that day.

Thank you for allowing us to be of service. It is an honor.
Jerri S - Chair - 850-244-1182
Linda W - Co-Chair - 850-582-7704

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

4th Step

"MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES."

4th Tradition

"EACH GROUP SHOULD BE AUTONOMOUS EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR A.A. AS A WHOLE."

(SHORT FORM)

~Fourth Step Prayer~

Dear God,

It is I who have made my life a mess.

I have done it, but I cannot undo it.

My mistakes are mine, and I will begin a searching and fearless moral inventory.

I will write down my wrongs,

but I will also include that which is good.

I pray for the strength to complete the task.

-Amen

4th Concept

THROUGHOUT OUR CONFERENCE STRUCTURE, WE OUGHT TO MAINTAIN AT ALL RESPONSIBLE LEVELS A TRADITIONAL "RIGHT OF PARTICIPATION," TAKING CARE THAT EACH CLASSIFICATION OR GROUP OF OUR WORLD SERVANTS SHALL BE ALLOWED A VOTING REPRESENTATION IN REASONABLE PROPORTION TO THE RESPONSIBILITY THAT EACH MUST DISCHARGE.

The following is a portion of the "first draft" of "Bill's Story." It describes how Ebby T. explained to Bill W. in 1934, how to write his "searching and fearless moral inventory" (what we now know to be Step 4.)

NOTE: Words were not in boldface font in the "original draft." The editor has done that so the reader can easily pick out the twelve areas that Ebby told Bill to inventory.

I should next prepare myself for Gods company by taking a thorough and ruthless inventory of my moral defects and derelictions. This I should do without any reference to other people and their real or fancied part in my shortcomings should be rigorously excluded. "Where have I failed" is the prime question. I was to go over my life from the beginning and ascertain in the light of my own present understanding where I had failed as a completely moral person. Above all things in making this appraisal I must be entirely honest with myself. As an aid to thoroughness and as something to look at when I got through, I might use pencil and paper. First take the question of honesty. Where, how and with whom had I ever been **dishonest** with respect to anything? What attitudes and actions did I still have which were not completely honest with God with myself or with the other fellow. I was warned that no one can say that he is a completely honest person. That would be superhuman and people are not that way. Nor should I be misled by the thought of how honest I am in some particulars. I was to ruthlessly tear out of the past all of my dishonesty and list them in writing. Next, I was to explore another area somewhat related to the first and commonly a very defective one in most people. I was to examine my **sex conduct** since infancy and rigorously compare it with what I thought that conduct should have been. My friend explained to me that people's ideas throughout the world on what constitutes perfect sex conduct vary greatly. Consequently, I was not to measure my defects in this particular by adopting any standard of easy virtue as a measuring stick, I was merely to ask God to show me the difference between right and wrong in this regard and ask for help and strength and honesty in cataloging my defects according to the true dictates of my own conscience. Then I might take up the related questions of **greed** and **selfishness** and **thoughtlessness**. How far and in what connection had I strayed and was I straying in these particulars? I was assured I could make a good long list if I got honest enough and vigorous enough. Then there was the question of real **love** for all of my fellows including my family, my friends and my enemies. Had I been completely loving toward all of these at all times and places? If not, down in the book it must go and of course everyone could put plenty down along that line. My friend pointed out that **resentment**, **self-pity**, **fear**, **inferiority**, **pride**, and **egotism**, were attitudes which distorted one's perspective and usefulness to entertain such sentiments and attitudes was to shut oneself off from God and people about us. Therefore, it would be necessary for me to examine myself critically in this respect and write down my conclusions. (source: ainthedesert.org)



What is your sobriety date? Nov 22, 1987

What is your homegroup? When/where does it meet? "Busters at Callahans." EVERY morning at 8:00 at Callahans Restaurant, 791 Harbor Blvd and Main Street in Destin, FL. ("Happy DESTIN-y.")

Do you currently hold any service positions? For the past 3 years I was the Asst. GSR. I volunteered for that position because we had a young lady who was willing to volunteer for GSR but she had the "fear of the unknown;" so I told her I would volunteer to 'guide her' as her assistant and show her the ropes.

Did you ever relapse? What happened? What has changed? I did. My original sobriety date was April 26, 1987 when they locked me up in the mental ward at Eglin AFB for alcohol overdose (this was the 3rd time in ER.) I stayed "sober" for 6 months and 3 weeks JUST GOING TO MEETINGS and made a conscious decision to drink to "relieve me of the bondage of self." I started by drinking "Near Beer" then LA Beer (low alcohol.) Then came "Long Neck Dos Equis (all within 4 hours.) I came back 3 days later and started over. This time I told the truth, "I can NOT stand being Sober!" A longtimer said, "Good! Now that you are honest we can work off of that." That was 33 Years, 4 months, and 2 days ago.

What is the most important lesson you have learned in sobriety? That we are all just "searchers" looking for a way home. That's why so many of us relate when someone says, "I felt like I was an alien dropped off on a strange planet" and all the heads in the audience nod. So we are all just searching to find the way back home and our job is to reach back and guide the person behind us.

What is your favorite line /phrase from the Big Book? Sandy Beach, pg. 66, "We turned back to the list, for it held the key to the future. We are prepared to look at it from an entirely different angle... ."

What is the best piece of advice you received from a "long-timer?" "If you have an answer to your problem and I have an answer to your problem, just try my answer first and if it doesn't work then try yours."

What is the best thing you've ever heard in a meeting? After 33 years, sitting at the Happy Hour Group at 52 Beal: "I asked GOD for help and when he answered, I knew it was Him. He is the only one that I had asked."

What step was the hardest for you? Why? The 6th Step. I KNEW what my character defects were, I had tangible evidence of them; divorces, arrest(s), holes in walls, etc. But now God expects me to do the work to stop those. I couldn't just pray them away, I was responsible for stopping the destructive behaviors that I could stop. Then going to God in the 7th Step and asking for his help with the shortcomings that I absolutely could NOT stop!

What tradition means the most to you? "The only requirement for membership is a desire to stop drinking." Thank God they couldn't kick me out because I didn't want to stop. I had to occupy my seat long enough for the desire to kick in. So I believe you allowed me to sit as an "attende" until I caught the disease and began having the desire. That fulfilled my membership requirement.

What would your sponsor say about you? I used to be defined by my disease. Now, I am defined by my constant recovery. It paints an entirely different "mosaic." I am NOT the person who came to you in 1987.

What advice would you give to a newcomer? Take my hand and I'll go on this journey with you side by side. I love to quote the August 1990 center page of the Grapevine. It shows a picture of a great mountain with many pathways from the bottom to the top. And the caption reads, "The paths to the top of the mountain are many and varied. But the view from the top is always the same."

Laughing Out Loud



If you don't work the steps, you'll be living in a van down by the river!

A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him, "Can you help me? I don't know where I am." The man replied, "Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees North latitude and between 59 & 60 degrees West longitude."

"Wow, you must be an AA sponsor", said the man in the balloon. "I am", said the man, "but what gave me away?"

"Well", answered the balloonist, "everything you told me is technically right but I am still lost. Frankly you're not much help at all and you might even have delayed my trip."

"You must be an AA sponsee", replied the man. The man in the balloon was amazed and said, "I am, but how did you know?"

The man on the ground said, "Well, you don't know where you are or where you're going. You have risen to where you are due to a lot of hot air. You are expecting other people to solve your problems and the fact is that you are in exactly the same position you were in before we met, but, somehow now IT'S MY FAULT" !



FROM THE EDITOR

It is an honor and a privilege to serve as your ODAAT editor for this 2 year term. This is my first issue, and was put together on rather short notice, so I apologize for any omissions.

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

A special thanks to Sarah C. for her help in proof-reading, editing, and design.

I look forward to serving, carrying the message, and sharing information about our district through this newsletter.

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

One-Liners

"I may not be much, but I'm all I think about."

If I could drink like a normal drinker, I'd drink all the time!"

Three most dangerous words for an alcoholic:....."I've been thinking"

You know you're in AA if:

- Emails from your friends say HALT in the subject line.
- Your idea of a smooth opening line is "I really like what you shared."
- You don't know most of your friends last names.

INTERGROUP COMMITTEE MEETING - FEBRUARY 12, 2021

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

Attendance

0 via Zoom. All voting tabled to next month.

12 In-person: Linda W., Jerri S., Diana C., Nate W., Paul B., Jamie L., Johnny C., Don H., James S., Patrick McD., Veronica., Greg S., Visitor

Committee Reports

Secretary's Report / Diana C.- Read and accepted
Treasurers Report / James S. - Details of report read. Current balance \$4686.03. Report accepted.

Book Fund Report / Paul B. – Last of Birthday cards being given away. Current balance \$4683.03. Report accepted.

Chairpersons Report / Jerri S. – Dan is the tentative chair for the Breakfast Meeting but cannot get in contact with. Have groups review TENTATIVE schedule for the Eat & Speak & Breakfast Meeting. Still needed trusted servants. Patrick suggested we have IG rep for the breakfast chair positions and all positions.

Co-Chairs Report/ Linda W. - Unable to login and then was locked out of Zoom. IG web servant needed.

DCM Report / Patrick McD. – District account is up to date. Jasmine is the new Treatment Committee Chair. Phil is covering the Grapevine Chair. Paul B. is PICPC Chair. Area assembly moved to 3/26-3/28 2021. Due to Covid, GSO is having issues getting info to new GSRs. Going to a lot of meetings in the area. Report accepted.

Eat and Speak Chair /Don H. – There is a Solution will be hosting the Eat and Speak Meeting in March and will be available via Zoom.

Old Business

If your group wants a mailbox, let Jerri know.
20 new keys made for Central Office.

New Business

- Do we want to continue having zoom as part of the Eat and Speak meeting?
- Do we want a circle/triangle sign out front?
- Diana to get intergroup password info from JD.
- Meeting lists cost \$0.10 to print. Do we want to charge for printing?
- All voting tabled until next meeting so Zoom attendees can vote.

Group Reports

Weekender's / Nate – Sunday 5:30 pm FWB, in **Straight Up Group** / Don H. – M W F 12pm Alano Club. Business meeting on Wednesday. Group inventory to take place.

Mossyhead Community Group / Johnny C. – Wednesday 7pm – Sunday 6pm. The group is turning 23 and Russ is celebrating 36 years on the last Sunday of the month. Fellowship 5pm. Eating 5:30 pm. Speaker 6pm

Unwind Your Mind / **Paul B.** – Wednesday 7pm, Alano Club, Guided 11th Step Meditation Candlelight meeting.

Primary Purpose / **Patrick McD** – Thu & Sat 7pm, Journey Pure, FWB, Back outside March 6th. Thursday step meeting/Saturday 2 speaker meeting.

Shoulder to Shoulder / **Diana C.** – M W Fat 6:30 am Clement Taylor Park, Destin.

Sparkle Meeting / **Veronica F.** – Sunday 6:30pm Unity Church, FWB, inside, no masks. Veronica has 18 months.

Deck Hands / **Phil** – Meets 7 days a week at 8am at Niceville Skatepark.

Meeting adjourned at 7:44 pm

***Is your group represented?
Get involved and become "part of."!***
Next Intergroup Meeting:

APRIL 19th 6:30 PM

Central Office

and on Zoom

WWW.ZOOM.US

ID: 854 8645 8921

Password: service





PROGRAM & ACTIVITIES

- Family Workshops ■ Young People Meeting ■ Golf Tournament
- ASL Interpreting ■ LGBTQ Meetings ■ 5k Run/Walk
- Ice Cream Socials ■ Dances and Entertainment ■ Marathon Meetings
- Spanish Speaking Meetings ■ Grapevine ■ Archives Room
- Old Timers Meeting ■ Meditation Meetings ■ Al-Anon
- Convention Merchandise ■ Photo ops with our CoFounders Bill & Dr. Bob ■ Yoga



Sparkle Group

Joe McG. 4/2/2006
 Terri K. 4/3/2003
 Shirley M. 4/5/2018

Happy Hour Group

Don H. 4/2010
 Russell D. 4/2017
 Monica D. 4/2013



Guest Speakers:

- Steve V. - Jacksonville, FL
- Heather G. - Louisville, KY
- Polly P. - Jacksonville, FL
- June G. - Los Angeles, CA
- Robyn G. (AFG) - Winston-Salem, NC
- Ron B. - Riverview, FL
- Charlie C. - Los Angeles, CA
- Ken D. - Los Angeles, CA

Host Hotel Information

Hyatt Regency Jacksonville Riverside
 225 East Coastline Dr. ■ Jacksonville, Florida 32202
 (904) 588-1234 ■ 1-800-492-8804
<https://www.hyatt.com/en-US/group-booking/JAXRJ/G-AAFL>

Rates:
 Standard King/Double \$134.00
 Suites \$149.00 to \$259.00
 Discount Rate Code: G-AAFL
 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
 Designated smoking areas will be provided.

Advance Deposit of first night's room and tax are due at time of reservation.
 Check-in 3 P.M. — Check-out 12 P.M.
 Parking Rates: \$12/day Self Parking
 \$17/day Valet Parking

Intergroup Sponsored

Monthly Breakfast and Speaker Meeting

Breakfast \$6.00

Hosted by **THE HAPPY HOUR GROUP**

Sunday May 2nd, 2021

AmVets Post 78

910 Valastics Ave., Valparaiso 32580
 9:30 AM Breakfast and Fellowship
 11am Speaker / TBA



Please submit meeting information/changes, speakers schedules, birthdays, jokes, sobriety stories, poems, ideas, etc... by the 15th of the month prior.

send submissions to:

district14odaat@gmail.com