

# INTERGROUP NEWS

December 2018

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## *Surviving the holidays*

The holidays bring happiness and cheer for so many of people but for those of us in recovery it may be opposite. Sometimes the stress of hosting, making arrangements, spending time with family can lead us down a dark ally of depression or even a drink. Here are some tips for making sure you stay on track through the holiday season:

1. **Go to meetings.** Even if you have you have family and friends in town be sure to schedule time for your meetings. If you are going out of town, look up their meeting schedule online or call the local central office for information.
2. **Call your sponsor.** It's easy to get caught up in the hustle and bustle of the season but be sure you are staying in touch with your sponsor on a regular basis.
3. **Work your program.** Working the steps and practicing the principles are easy within the rooms but outside is another story. Remember that we have a design for living that can be used in just about any situation.
4. **Set boundaries.** The program of alcoholics anonymous has taught us humility but we must also not become doormats. Finding our voice without liquid courage can be difficult but it is important to protect yourself and your sobriety. You are worth it!
5. **Have an escape route.** When I was newly sober, my sponsor suggested taking my own car whenever possible so that I could leave if I ever felt uncomfortable. I can't tell you how many times this saved me from being stuck somewhere when I felt that uneasy feeling in my gut.
6. **Pray and meditate.** Remaining in constant contact with your higher power will give you the peace needed to survive any situation sober.
7. **Be of service.** Find ways to serve others in and out of rooms. There are always places looking for volunteers during the holidays like charities, churches, AA clubhouses, and more. I promise you won't have to look far to find ways to serve and you'll get some much more in return.

Megan McG.  
Sparkle Group

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# December Birthdays

## The Care Group

Jennifer A. 14 years

Jill R. 11 years

## The Mossyhead Group

Chris R. 2 years

## The Sparkle Group

Dina L. 7 years

\*Please email us with your group birthdays at [aaintergroupfwb@gmail.com](mailto:aaintergroupfwb@gmail.com) by the 20<sup>th</sup> of the each month.

# Monthly Events and Meetings

## Intergroup Meeting

3<sup>rd</sup> Monday of the month 6:30 pm  
24 Hollywood Blvd. Ste 3, FWB

## Intergroup Breakfast

1<sup>st</sup> Sunday of the month  
9:30 Fellowship 11:00 Speaker  
Amvets Post 78  
910 Valastics Ave., Valparaiso

## District 14 Corrections Meeting


1<sup>st</sup> Saturday of the month 9:30 am  
24 Hollywood Blvd. Ste 3, FWB

## District 14 Treatment Meeting

2<sup>nd</sup> Saturday of the month 10:30 am  
24 Hollywood Blvd. Ste 3, FWB

## District 14 GSR Meeting

1<sup>st</sup> Monday of the month 6:30 pm  
24 Hollywood Blvd. Ste 3, FWB



THE FAMOUS  
**MOSSYHEAD**  
GROUP PRESENTS  
EATING AND SPEAKERS BIRTHDAY MEETING  
**DECEMBER 30, 2018**  
SOBRIETY ON SUNDAY  
FELLOWSHIP 5PM  
EATING FROM LUCKY POTS 5.30 PM  
SPEAKERS 6PM  
SPEAKERS  
THE DELIGHTFUL DUO  
CHRIS R. AND JIMMY J.  
PASTA  
THE TERRIFIC  
TWO'S  
HAVE YOU HUGGED  
AN ALCOHOLIC  
TODAY



## 48<sup>TH</sup> GULF COAST ROUNDUP

February 8, 9, and 10, 2019



On the Gulf Coast of Okaloosa Island at **"The Island"** (formerly Ramada Plaza Beach Resort) ....  
1500 Miracle Strip Pkwy SE (Hwy 98E.), Fort Walton Beach, FL 32548, 850-243-9161 or 1-800-874-8962  
**Hotel reservations must be made by Jan 7<sup>th</sup> to ensure these rates, and please state Gulf Coast Roundup.**  
Standard \$69/night    Courtyard \$79/night    Poolside \$99/night    Gulf Front \$109/night ("Yes, it's only \$109...!!")

Our website for updates: [www.GulfCoastRoundup.com](http://www.GulfCoastRoundup.com)    Send questions to [ChipBowdren54@gmail.com](mailto:ChipBowdren54@gmail.com)  
or Text them to 850-865-1660

Scheduled speakers:  
4:30 Fri: Mike K. (AA) Destin, FL  
8:00 Fri: Patty K (AIAnon) Cypress, TX  
Right after our Speaker... "Movie Nite w/ Popcorn"  
10:00 Sat: Tim E. (AA) Dothan, AL  
2:00 Sat: Workshop: "to be announced"  
4:00 Sat: Cathy B. (AA) Penrose, NC  
8:00 Sat: Tom M. (AA) Waynesville, NC  
9:40 Sat: **Terry Stokes, the Amazing Hypnotist...!!**  
9:30 Sun: Mike B. (AA) Penrose, NC  
**VOICE: John Van E. (Montgomery, AL)**

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 6<sup>th</sup> 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...!!)

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

Fliers for upcoming events are available at Central Office and [www.fortwaltonbeachaa.org](http://www.fortwaltonbeachaa.org)

## *November Intergroup Committee Minutes*

Tradition 2: 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.

Tradition 9: AA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

In attendance: Redacted to maintain the anonymity of committee members

October minutes read and accepted. Treasurer report was available for review.

Book Fund report given by Scott C. and accepted.

Chairperson, Wes Pickard, gave an update on phone. Sign from old office was found. Bell was installed for front door.

The Intergroup picnic was a success. Weekenders Group will be hosting the December Alkathon.

Bob, the incoming DCM will be speaking at the December Breakfast meeting in Valparaiso.

Judy C. asked about a window cleaning service for front windows, and suggested a Christmas get-together for trusted servants, with a fundraiser to help Panama City Central Office. She submitted a draft for a flyer, which was accepted, with amendments.

Wes Pickard brought up cost of copy machine service, which comes to about 500.00 a year. Will be checked into.

Mike D. asked that last initials only be used on I.G. committee report to insure anonymity.

Judy C. asked about getting a few copies of some Grapevine books we don't carry. Scott C. pointed out that a minimum quantity has to be ordered to make a profit. It was agreed to take the matter back to the groups for input and a group conscience.

Respectfully Submitted,

Johnnie C.



*We want to hear from you!*

If you would like to be featured in our newsletter please send your submissions to [aaintergroupfwb@gmail.com](mailto:aaintergroupfwb@gmail.com)

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(850) 244-2421 • [aaintergroupfwb@gmail.com](mailto:aaintergroupfwb@gmail.com) • [www.fortwaltonbeachaa.org](http://www.fortwaltonbeachaa.org)

## Greetings from Bill Wilson

To all AA members

Greetings on our 10th Christmas, 1944.

Yes, its' in the air! The spirit of Christmas once more warms this poor distraught world. Over the whole globe millions are looking forward to that one day when strife can be forgotten, when it will be remembered that all human beings, even the least, are loved by God, when men will hope for the coming of the Prince of Peace as they never hoped before. But there is another world which is not poor. Neither is it distraught.



It is the world of Alcoholics Anonymous, where thousands dwell happily and secure. Secure because each of us, in his own way, knows a greater power who is *love*, who is just, and who can be trusted. Nor can men and women of AA ever forget that only through suffering did they find enough humility to enter the portals of that New World. How privileged we are to understand so well the divine paradox that strength rises from weakness, that *humiliation* goes before resurrection; that pain is not only the price but the very touchstone of *spiritual* rebirth. Knowing its full worth and purpose, we can no longer *fear* adversity, we have found prosperity where there was poverty; peace and joy have sprung out of the very midst of chaos. Great indeed our blessings!

And so Merry Christmas to you all - from the Trustees, from Bobbie and from Lois and me.

Bill Wilson



WISHING YOU A

HAPPY  
EVERYTHING!

From your Fort Walton Beach Intergroup

