

# INTERGROUP NEWS

October 2018

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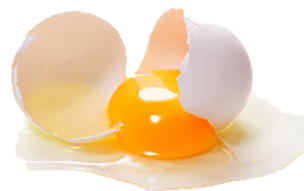
## SHATTERED SHELLS

Page 407 of the “Big Book” (Alcoholics Anonymous) tells us that acceptance is the answer to all of our problems. If we are going to use this information, we have to know the meaning of acceptance. It does not mean approval but it does mean seeing things as they are. I have a friend who is an amateur juggler; he practices regularly in the kitchen with the available fruit. One day there was no fruit, so he decided to use eggs. He soon realized that this was an easy way for him to discover what was wrong with his technique. He found himself standing in a pool of yokes albumen and shattered eggshells. He realized upon investigation that the eggs were very fragile. No amount of being careful or of wishing could cause the eggs to change. The raw eggs would never bounce. When he was truly convinced of these facts, he could make a change. He hard-boiled the eggs. Accepting the problem led to a solution.

This reminds me of my alcoholism, I am allergic to alcohol and I am never going to want less. Whether drinking or not, I was compulsively thinking of drinking.

I have list of evidence, that alcohol was the problem, and none of my attempts to change worked. Once I saw the true nature of the problem I could look for the solution that worked. AA told me that god could and would help if he were sought. An old timer told me, " Look, Josh, if He (God) is in town, he's in here. " He was pointing to the rooms of AA.

It took time for the acceptance of the deep nature of the problem and the simplicity of the solution to slip into my soul. Interacting with other alcoholics in a safe and productive environment was essential for the solution to bare sanity and serenity. Acceptance led to a solution for my friend, to hard-boil the eggs, and for me a sober life.



Josh McG.  
36 years of sobriety  
Straight Up Group

## WE WANT TO HEAR FROM YOU!

### **District 14 Intergroup**

24 Hollywood SW, Ste 3, Fort  
Walton Beach, FL  
(850) 244-2421  
[aaintergroupfwb@gmail.com](mailto:aaintergroupfwb@gmail.com)  
New website coming soon.

Our book, Alcoholics Anonymous, tells us “our stories disclose in a general way what it used to be like, what happened, and what is like now.” Our most powerful tool in the fellowship is how we relate to each other through story telling.

Suggested topics include (but are not limited to) your personal story, mental illness and sobriety, relationships, friendships, finding a higher power, the steps, the traditions, service work, embarrassing moments, funny experiences, and sponsorship.

We would like to invite you to share your experience, strength, and hope in this newsletter. Please email your submissions to [aaintergroupfwb@gmail.com](mailto:aaintergroupfwb@gmail.com).

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# October Birthdays

## Early Risers

John M. 38 years  
Jean H. 8 years  
John B. 7 years  
Jarrod B. 7 years  
Brandy P. 6 years  
Calvin M. 2 years

## Sparkle Group

Megan McG. 16 years  
Alice C. 26 years  
John M. 32 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.



## Intergroup Meeting

3<sup>rd</sup> Monday of the month 6:30 pm  
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

## 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

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

## Intergroup Fall Picnic

October 20, 2018 11:00 am – 3:00pm  
Liza Jackson Park, FWB  
Please bring a covered dish to share.

Fliers available at central office and will be available at our new website soon.

## AUGUST INTERGROUP COMMITTEE GROUP MINUTES

Redacted to keep the anonymity of our committee members.

Please visit Intergroup Central Office for more information about this meeting.

### IN SEARCH OF...

Central Office is in need of a console, buffet, or similar piece of furniture for near the front door in Central Office.

We will appreciate it and give it a good home!

The measurements needed are 47 3/4 inch wide by 28 inch deep.

Please call or text Judy 850-974-0890

# IN ALL OUR AFFAIRS

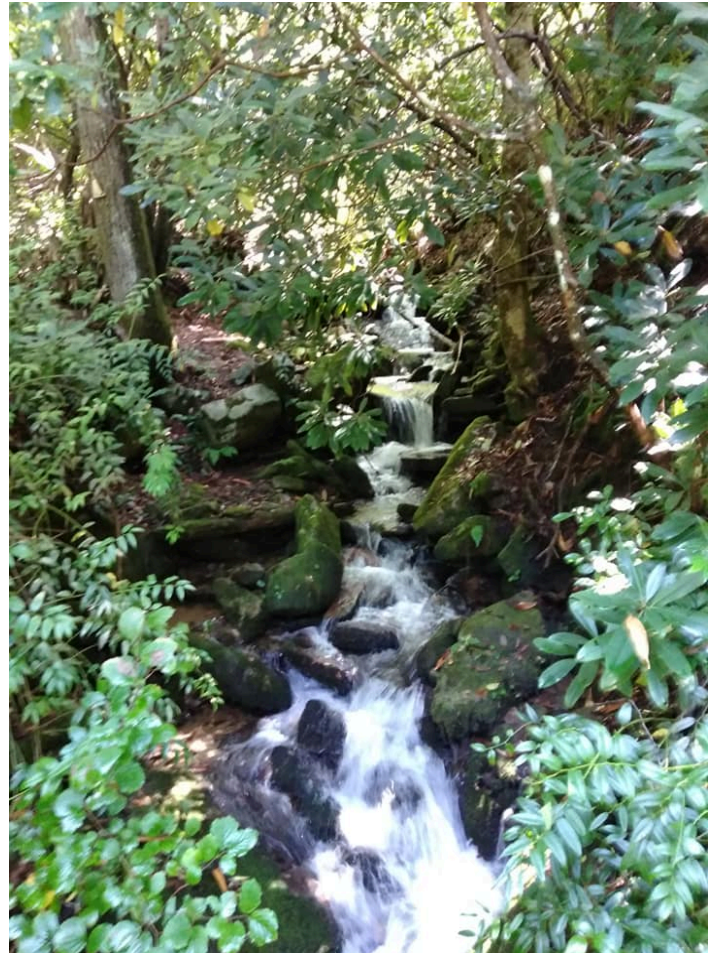
My husband and I were very honored and privileged to attend Fireside in Cherokee, NC this year. This is one of the most spiritual events that I have had the honor to attend, exceedingly so this particular time.

Fireside is held at Yogi in the Smokies Campgrounds, a very picturesque place in the mountains. We have seen elk grazing at the side of the road, unconcerned about cars or humans. There is a beautiful river running near the campground adding to the serenity of the surroundings.

This year, it rained every day at some point and the rains were often a downpour. This did not affect the mood of anyone there. From the lighting of the sacred fire, to the speakers, to the ceremony of the flags, to the traditional dancing, everyone was enjoying themselves.

We had just had dinner and were walking to the tent to hear the speaker, behind me I heard "someone has just fallen". I immediately turned around and it was my husband, the mud was very slippery and he had lost his footing. My husband is not a complainer; he rode back to our campsite on a golf cart with one of the camp hosts. I immediately walked back to the campsite and found out where he was hurt, which was his right knee. I put an ice pack on it and went in search of information to find out where I could take him on a Friday evening late at night. I talked to various people, none of whom could recommend any place in town. There is a hospital there, though no one was sure if we could be seen there due to it being a Native American facility.

At this point it was pouring down rain. A gentleman by the name of "Still Leo" saw how frantic I was and offered to help. He went around to all of the camp people he knew from attending Fireside for many years and essentially received the same results that I did. He then offered to get his van and take us into the hospital to see if my spouse could be treated there, or we would have to venture into another town. Cherokee is approximately 12 miles from the campsite; all other places are 25-30 miles away. Still Leo went in and got the wheelchair and helped my husband into the E.R. Room. Once we were settled, he left and went back to the campground as he was scheduled to chair a meeting.



Still Leo came back a second time and when my husband was still not released, he came back a third time. This is a man whom I had never met until that very night, he did not have to do any of these things, yet he choose to help total strangers. Along the way we discovered that we had much in common with Still Leo, his wife is dying of early onset Alzheimer's. He was struggling with having to put her in a nursing home. My husband's former wife died from the same disease and he was able to share what happened with him. We also found out that he used to live in Utah, which is where I am originally from; my sister still lives in the same town. Many miracles happened that night for three total strangers simply because one man was willing to practice these principles in all of his affairs.

Thank you Still Leo for showing me by example....

Terri O.



# SOBERLY EVER AFTER

JD and I met in high school and over the course of a couple of years our drinking really flourished together. Soon I found myself almost losing my college scholarship and facing a laundry list of other consequences. It was then that I decided to get sober. Of course, my drinking buddy was quite disappointed! I stayed in our apartment for about six months before I realized that I needed to leave for my sobriety. I knew that God could stop me from getting in my car and driving up to the gas station to get a beer but I wasn't sure that he could stop me before I made it to the refrigerator in my own kitchen. While we were separated I really had an opportunity to work on myself and my own recovery.

After being apart for nine months, I reached out to JD only to find that he was absolutely miserable. Somehow I had learned enough about recovery by that point to know that I couldn't sober him up. I told him if he wanted to get better he needed to go to AA and so he did. Within a few weeks we were dating again. I tried to take things slow but it was so hard because of our lengthy past together. All of my friends were certain that he wasn't going to make it and that I was just wasting my time. However, I continued to work on my recovery and I tried to give him the space to find a sponsor on his own, work his own program and recover.

Despite encouraging him to choose a member of my home group as a sponsor, he picked someone else. This man turned out to be a great blessing in his life and he met with him every Sunday for months while they work through the steps. Our relationship continued to develop and at some point I moved in with him. It wasn't long before we started talking seriously about getting married. In October of 2005, he proposed. I like to think he had been planning some sort of elaborate proposal but it happened one Friday night, as we were heading down to the Serenity Group. I couldn't understand his peculiar behavior. I finally turned to him, almost snapping at him, and asked, "What is going on with you?" He reached in his pocket bent down on one knee and asked me if I would marry him. Tears filled my eyes! I couldn't believe I would have a second chance with this man.

I was in the final semester of my senior year of college and needed to finish up my degree before the wedding. After graduation, the only job I could find required me to move to Jackson Mississippi for six months and so that delayed our wedding even further.

In reflection, I feel like these delays were divinely inspired. The time that I spent in Jackson gave us both the time to further develop our recovery independently.

I remember talking with my sponsor and my best friend in the weeks leading up to our wedding because most unusual thing was happening. I wasn't elated. Was something wrong? Why was I not over the moon to marry this man? What I realized was, I wasn't over the moon but there wasn't anything wrong either. This was the beginning of a middle of the road response to things. Before recovery, my life had been filled with extreme highs and devastating lows. This was my first real taste of emotional balance. I'm so grateful that my sponsor helped me to recognize that this was a healthy response and embrace it.

In addition to many friends and family members, our entire AA network was at the wedding. With our history of drinking plus the many people attending who were in recovery, we decided to not serve any alcohol at our wedding. I think the dancing was significantly limited by that decision but in the end it was the right choice for us.

As a little girl, I had ideas about how my wedding day and married life might be. I never dreamed my husband and I would be sober members of Alcoholics Anonymous. However, our sobriety has made life so much richer and more fulfilling. JD and I have two children and will celebrate our 12th wedding anniversary on October 6<sup>th</sup> 2018. God willing, we look forward to many years ahead.

Katie S.  
Sparkle Group

