

Intergroup News

May 2019

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Women of Alcoholics Anonymous

My name is Judy C., I am an alcoholic. My sobriety depends on all the alcoholics I interact with; women and men. I have great male friends! The women of AA, however, are my go-to, my constant. When I arrived at AA in November 1990, I had no concept of how to become friends with other women. My perception of everything was so distorted; I had no idea how to be a friend to other women.

The roles in life are numerous. I have been a daughter, a wife, a mother, a warrior, a nurse, and a friend to name a few. The role of a recovering alcoholic must come before all others. I have learned that my sisters in sobriety are my constant strength. Women friends help me explore options and choices in sobriety that ensure my role of a recovering alcoholic is successful.

A woman alcoholic understands the difficult predicaments I wound up in because of the poor choices I made and the inappropriate behaviors I indulged in while drinking. I had

to learn how to be a woman living a sober, happy, productive life. I had to let go of shame, remorse, and guilt. The women of AA are the role models I emulate.

The spiritual path I tread twists and winds through my life; sometimes easy and sometimes difficult, always shared by the women I love and admire. The laughter and tears I share with my Sisters in Sobriety are more precious than diamonds and gold!

Judy C.

Intergroup Coordinator



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May Funnies



<https://www.pinterest.com/pin/48258891629>



<http://www.greatcleanjokes.com/3831/funny-doctor-cartoon-2/>

Monthly Meetings and Upcoming Events

Intergroup Meeting

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

Intergroup Breakfast

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

District 14 Corrections Meeting

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

District 14 Treatment Meeting

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

District 14 GSR Meeting

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

District 14 GSR Meeting

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

Sunshine Convention

May 17-19, 2019
DeFuniak Springs, Florida
Sunshineconvention2@gmail.com



SERENITY GROUP

Todd A. 3 years
Denise W. 10 years
Dilene S. 30 years

STRAIGHT UP GROUP

Ann L. 45 years
John H. 36 years
Michael W. 34 years
Dan L. 19 years
Dan G. 13 years
Jill B. 4 years
Sean 3 years
Lisa H. 1 year

WEEKENDERS GROUP

Marcia M. 28 years
David W. 33 years

SPARKLE GROUP

Catherine J. 3 years
Mary N. 32 years



Please send us your group member's birthdays by the 15th of the month to be included in the following month's newsletter.

12 Symptoms of a Spiritual Awakening


1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything.



Intergroup Breakfast
 1st Sunday of every month

9:30AM - Fellowship Breakfast
 11:00AM - Speaker Meeting

Amvets Post 78
 910 Valastics Ave.
 Valparaiso, FL



Become a star member of
DISTRICT 14
PI/CPC COMMITTEE
Public Information /Cooperation with Professionals Community

To distribute AA literature to designated locations
 Participate in raising awareness to Public
 Holding AA awareness panels when requested

First Meeting to be announced soon! Please email Lisa N.-committee chair.
lisamn63@gmail.com
 573-356-3010

Share the Message

If you would like to be featured in our newsletter please send your articles, jokes, birthdays, and announcements to infoandnews@centurylink.net

Content submitted may edited

24 Hollywood SW, Suite 3,
 Fort Walton Beach, Florida 32548
 (850) 244-2421
centraloff@centurylink.net
www.fortwaltonbeachaa.org



9th, Annual **Sunshine Convention** ALL MEALS PROVIDED
 GREAT FELLOWSHIP "Three Pertinent Ideas"
 Friday, May 17 to Sunday, May 19, 2019
 Defuniak Springs Civic Center - 361 North 10th, Street, Defuniak Spgs., FL. 32435

Featuring Wonderful A.A. and Al-Anon Speakers

Friday:==	4:00 p.m.	AA TEXT BOOK
	6:00 p.m.	LINDA J. AFG of Santa Rosa Beach, FL...
	8:00 p.m.	JOHN V. AA of Dothan, AL..
Saturday:==	10:00 a.m.	JILL W. AA of Jacksonville, FL...
	1:00 p.m.	SPEAKERS PANEL
	3:00 p.m.	MARY BETH S. AFG of Crestview, FL.
	6:00 p.m.	DAVE P. AA of Jacksonville, FL.
	8:00 p.m.	POLLY P. AA of Jacksonville, FL.
Sunday:==	10:00 a.m.	CLINT J. AA of Santa Rosa Beach, FL..

VOICE:- CHRIS R. RECORDER: JILL & JERRY WILLS "Seating limited"

Hotel: Econo Lodge (850-520-4691)
 90 Business Park Rd., DFS, FL. FOR MORE INFORMATION PLEASE CONTACT SUZIE B. (850-758-1321)
 OR GO TO Sunshineconvention2@gmail.com

Mail Registration with CHECK or MONEY ORDER TO:-
 SUNSHINE CONVENTION, P.O. BOX 456, DEFUNIAK SPRINGS, FL. 32435

NAME _____ AA _____ AL-ANON _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ E-Mail _____
 Name on Badge _____ AA _____ AL-ANON _____

Pre-Registration till May 10, 2019 @ \$30.00
 Registrations after and at the door @ \$35.00

DONATION \$ _____
 TOTAL AMOUNT \$ _____

SATURDAY DINNER "FISH FRY" BY LARRY B.

April 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:

Wes P. Chairman	Judy C Alkathon/Office Coordinator
Scott C. Book Fund Chair	Johnnie C. secretary
Bob G. Treasurer	Jimmy M. Weekenders
Todd A. Miracle Group	Don H. Straight Up Group
Teryy S. Unwind Your Mind	Aaron M. Faith Group
Sarah P. Baker Group	Krista H. But for Grace Group
Deborah K. Mossyhead Group	Bob McC. DCM
Diana C. Rule 62 Group	Robin D. Visitor
C.J. Unity Group	Jamie L. SAFE
Lori G. Friday night Ladies Group	

Meeting opened with Serenity Prayer, Traditions 2 & 9. Secretary report given and accepted. Treasurer report given by Bob G. and accepted. Book Fund report given by Scott C. and accepted. Office Coordinator report given by Judy C. and accepted.

There are vacant shifts on Friday and Sunday for volunteers to man the desk. Next Alkathon will be June 30, hosted by the Rule 62 Group. Baker group and Big Book Group are considering hosting September Alkaton.

Saturday SAFE meeting and Sunday Unwind your Mind meeting, both held at 52 Beal at noon, will be added to meeting schedule.

Judy asked for submissions of personal stories for publication in the newsletter. To cut down on the waste of paper, it was decided to eliminate group mailboxes and post flyers to a bulletin board.

Group reports given by those present--The Weekenders group will have meetings again on Saturday at 7P.M

DCM report given by Bob McC. Area 1 Delegate Kevin H. will be giving a report on the General Service Conference Sunday June 30th at the Camel Club in Santa Rosa Beach from 3:00 to 5:00 P.M

Meeting closed with the Lord's Prayer. Respectfully Submitted, Johnnie Clark

I AM RESPONSIBLE
WHEN ANYONE, ANYWHERE,
REACHES OUT FOR HELP,
I WANT THE HAND OF AA TO
ALWAYS BE THERE
AND FOR THAT: I AM RESPONSIBLE

We are currently looking for more volunteers to fill service positions and to assist with answering the AA Hotline at Central Office.

If you are interested in being of service, please contact us at (850) 244-2421 or centraloff@centurylink.net for more details.

Central Office Intergroup
24 Hollywood Blvd SW Suite 3
Ft Walton Beach, FL 32548
850-244-2421
offcord@centurylink.net

REQUIREMENTS and APPLICATION FOR
TRUSTED SERVANT AT AA CENTRAL OFFICE

1. Full name, printed: _____
2. Date of application: _____
3. Permanent Address : _____
4. Phone: Mobile: _____ Other: _____
5. Email Address: _____
6. **Must have 1 -2 years of continuous sobriety!**
7. Sobriety date: _____
8. Name of sponsor: _____ Phone: _____
9. Home group name: _____
10. Home group Secretary: name _____ Phone: _____
11. Must be an active member of AA, in Area 1, District 14 for minimum of 1
year: _____ (may be waived per IG Chair)
12. Days or times you may or may not be available:

AA District 14
Treatment Committee Meeting
10:30 AM, Saturday
May 11, 2019
Central Office

24 Hollywood SW, Ste 3, Fort Walton Beach, Florida



If you are carrying an AA message of recovery into a facility or interested in carrying an AA message in facilities? Please join us at District 14 Central Office at the address listed above. If you have any questions please call Jerome Frizzle (850) 855-1040, or Lynn Breyfogle (850) 797-7076.