

INTERGROUP NEWS

September 2018

Published by Intergroup Central Office

What is Intergroup?


Intergroup is a centralized office that serves local members and meetings. The office carries our functions common to all groups in the area. These include things like meeting schedules, newsletters, answering the phones, and other tasks that help carry the message to the alcoholic that still suffers.

Does your group have an Intergroup Rep?

Did you know that each group is entitled to have one vote at the Intergroup business meeting? This vote is cast by your group's Intergroup Representative. Make sure your group's voice is heard at the intergroup level by sending your representative to the next meeting on the third Monday of the month at 6:30 pm at 24 Hollywood Blvd. Ste 3, Fort Walton Beach.

Contact Us

District 14 Intergroup
24 Hollywood SW, Ste 3, Fort
Walton Beach, FL
(850) 244-2421
aaintergroupfwb@gmail.com
New website coming



Share your experience,
strength, and hope.

We want to hear from you!

Our book, [Alcoholics Anonymous](#), tells us that “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.

The One Day At A Time Newsletter is published periodically for your enjoyment and information. The opinions expressed in this publication are those of the editorial staff and contributors, not necessarily of the A.A. Fellowship as a whole. A.A.® and Alcoholics Anonymous® are registered trademarks of A.A. World Services, Inc.

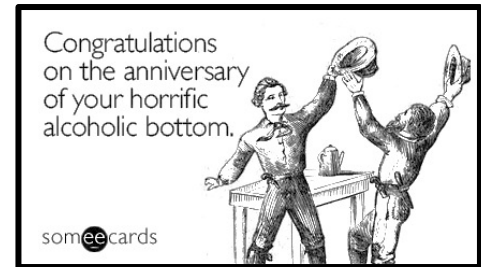
September Birthdays

Early Risers

Mike W. 29 years
Sherry D. 8 years
Brian 20 years
Wendy 4 years
Mac years
Lori 5 years

Faith Group

Melanie 22 years
Richard M. 22 years
Frank C. 19 years



Men's Group

Byron 24 years

Miracle Group

Clyde R. 24 years

*Please email us with your group birthdays at aaintergroupfwb@gmail.com by the 20th of the each month.



Intergroup Meeting

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

Summer Serenity at the Beach

August 31-September 3, 2018
Hilton-Sandestin Beach & Golf Resort

Intergroup Breakfast

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

Intergroup Summer Picnic

September 8, 2018 11:00 am-4:00 pm
Navarre Beach
First pavilion over the bridge on sound side
Please bring a covered dish to share.

District 14 GSR Meeting

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

District 14 Alkathon

September 25, 2018 5:00-8:00pm
First Presbyterian Church, 134 Beal Pkwy

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.



A Safe Place

One day I woke up from my last drunken stupor and admitted I was powerless over alcohol and my life became unmanageable. I called my parents to tell them the news that I knew I had a problem and I needed help. My Dad who was a seasoned recovering alcoholic told me to find go to an AA meeting. I searched online for local meetings and I saw 52 Beal had a meeting that evening. I somehow managed to get the courage and went to my very first meeting that night at the clubhouse.

When I pulled up to the address the parking lot was packed. There were people hanging out and talking in front of the tiny blue building. Anyone that knows me knows that I was painfully shy back then. I always felt uncomfortable around people, so this experience was not an easy one for me, but I was desperate. I walked through the door and there were fold out tables arranged in a circle. Almost every seat that was in the circle was taken, so I sat in the line of chairs wrapped around the outside walls. I was 5 minutes early so I was able to listen to people around the room, they all seemed like they were doing well and were happy. I could tell that this was a safe place.

The meeting started, they read the twelve steps and twelve traditions and then they offered the chips. The first chip was offered to start this way of life. I hesitated but I stood up, everyone was clapping I felt this feeling that the people in that room wanted me to succeed. After the meeting, there were many people that stayed to talk to me. They told me that I need to go to as many meetings as possible. They gave me a schedule and I could see that the clubhouse offered several meetings every single day.

I did just what they said I kept coming back to meetings. During the meetings I felt like everyone was sharing solutions to problems that I had. They continued to share all the things I have been feeling, like how selfish they were, how they blamed others for their problems and how desperate they were to give up alcohol. After listening for several weeks I continued going to meetings I gained a connection with everyone in the room. I finally began to feel better than I had in years and became comfortable to be in my own skin. I now have no problem admitting that I am a recovering alcoholic, in hopes that I can help other people to achieve sobriety. I now have 12 years of sobriety and I am thankful to know Alcoholics Anonymous has changed and more importantly saved my life.

Joe McG.
Sparkle Group

The Definition of a Sponsor

The words sponsor/sponsorship do not appear in the first 164 pages of the Big Book of Alcoholics Anonymous, only in the stories. There are many references though and I will list the pages at end of article.

Definition of a sponsor:

1. The action of taking someone through a proven process...
2. that will awaken them to the Spirit within....Don P.

FORWARD TO THE FIRST EDITION:

This is the Forward as it appeared in the first printing of the first edition in 1939. "We of Alcoholic Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we recovered is the main purpose of this book. Alcoholics Anonymous, pg ix

A little of my being sponsored and how I sponsor other women.

On July 5th, 1988 I surrendered and said out loud, "I am an alcoholic".

After the meeting a lady walked up to me and said I am your sponsor until you learn what a sponsor is and what they are supposed to do with you. I meekly said thank you. Outside (my sponsor of 5 minutes) said "Get in the car." her car. I replied "Why?" she responded "you never ask why.... why is a debate question one that no one wins." I was so afraid I would drink again, that I would do whatever she suggested.

Our journey began with me going to her house at least once a week, when her horn honked I went out and got in the car and with enthusiasm and joy she would say, we are getting to go to this meeting tonight.

We studied the Big Book, looking up the words in a big, old, heavy dictionary that belonged to my grandmother. Then she explained what the words meant in the context of when the Big Book was written.

I had to have to have a service commitment, my small way to give back to AA for what they had so freely given to me. I was told what this meant I had to suit up (nice, casual clothes...no shorts or tank tops) and showed up because being a sober person I acted responsibility. I also was to come early and stay later whether it was my home group or not.

I also needed to learn how the business of AA was conducted to Area Assembly. When I had a question I was to write it down and then I was directed to go ask the Committee Chairs or Assembly Officers.

Why, so I would get to know them and what their service position did and so they would be reminded of what it was like to be someone new.

Now I was working all three legs of the wooden milking stool at the same time and my program was on solid footing and now I was to show others by walking beside them.

QUALITIES OF A SPONSOR

- They have worked all the Steps - they are in the program, not just the fellowship.
- They all have sponsors themselves.
- They will tell me the truth -- they don't need me for a new best friend, they care about **my sobriety**.
- They are active in service work.
- They laugh A LOT!! Laughter is the sound effect of recovery.

"A sponsor is not someone who has a lot of sponsee's but one who co-creates more sponsors." -Jutta K.

RESPONSIBILITIES OF A SPONSOR

- Care for them.
- Coach them through the Steps to find their Higher Power to rely and depend on that will be sufficient for all their needs.
- Pray for AND with them.
- Cheer for their growth.