



One day  
at a  
time

hello  
April  
2024

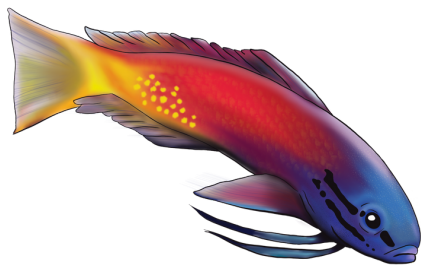
## Area 1 District 14 Newsletter

### 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 AA as a whole.



### IN THIS ISSUE:

Step /Tradition/Concept/Prayer

More about Step 4

From the Editor

Laughing Out Loud / Heard in a Meeting

From the Desk of: Intergroup Chair

From the Desk of: DGM Chair

Sobriety Birthdays

Speaker Meetings

Events



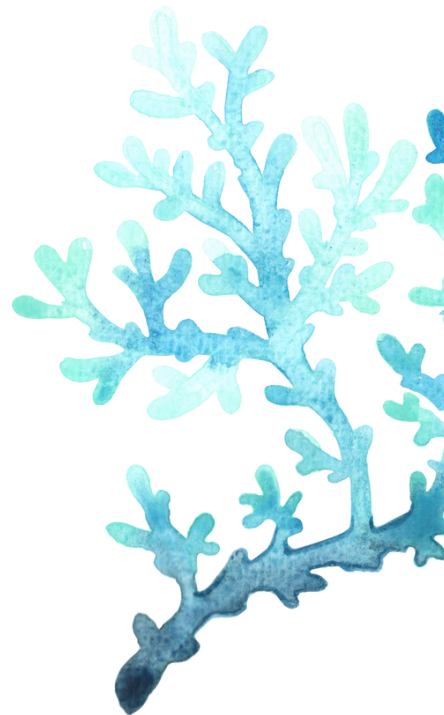
### 4th Step Prayer

God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrongdoing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick.



### Concept IV

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.





## What is Step 4 in A.A.?

While every step in the 12-step program presents a unique set of challenges, Step Four in Alcoholics Anonymous has gained notoriety as being the “scary” step. This is the step that requires you to take a long, hard, honest look at your character flaws. It can feel overwhelming and frightening but can also serve as a powerful tool you can use to maintain your sobriety.

At this stage in your recovery, you’ve already worked through Steps One through Three. In the process, you’ve accepted that you’re powerless over alcohol, that God or your personal higher power could help you achieve sanity and that you’ve put your faith in your God or higher power. The idea is that you’ve been sober long enough to honestly and humbly examine how you came to be an alcoholic and what needs to change in your life moving forward.

Let’s examine a Step 4 resentment example and give you the tools to pursue your own.

### What Does “Make a Searching and Fearless Moral Inventory” Mean?

Working Step Four means examining how your own thoughts, feelings, beliefs and behaviors have made you an active participant in your own alcoholism. Taking personal responsibility is difficult for anyone, but for alcoholics, it’s especially tough. One of the common traits of all alcoholics is a tendency to see themselves as victims. They’re stuck in a vicious cycle of “stinkin’ thinking” that justifies their alcohol abuse and behavior. This can mean anything from feeling the need to drink to deal with a stressful workplace to using to numb the pain of a dysfunctional marriage or getting high to cope with memories of an abusive childhood. Step Four requires you to break down your thoughts and life experiences, looking at critical issues, including feelings of resentment, harm you’ve caused others, your feelings of fear and your sexual conduct. This includes listing all the ways you’ve avoided taking personal responsibility, misdirected your anger, felt ashamed by things you’ve done or failed to do and let fear rule your life. Creating a comprehensive personal inventory of all the situations, thoughts and feelings that fuel your alcoholism and perpetuate unhealthy behaviors gives you the perspective you need to take ownership of your problems and stop blaming others.

Once you’ve made that list, you then need to look at each item and ask yourself what your role was in the situation. What did you do to contribute to your alcoholism? What were you thinking and feeling? Remember, Step Four isn’t about finding solutions. It’s about self-reflection, honesty and taking responsibility for yourself.

Next District Meeting:  
1st Monday of the month  
@6:30 PM  
Central Office and on Zoom  
[www.zoom.us](http://www.zoom.us)  
ID: 8217 546 8660  
Password: district



Next Intergroup Meeting:  
3rd Monday of the month  
@ 6:30 PM  
Central Office and on Zoom  
[www.zoom.us](http://www.zoom.us)  
ID: 854 8645 8921  
Password: service





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.

"Carrying the Message is the basic service that our fellowship gives, this is our principal aim and the main reason for our existence. Therefore A.A. is more than a set of principles, it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. Hence an A.A. service is anything whatever that helps us to reach a fellow sufferer – ranging all the way from the 12 Step itself to a 10 cent cup of coffee and to A.A.'s General Service Office for National and International action. The sum total of all the services is our Third Legacy of service."

Bill W. – A.A.'s Legacy of Service

**TO SUBMIT ARTICLES, STORIES,  
BIRTHDAYS, ANNOUNCEMENTS,  
ETC..**

**EMAIL :**

**DISTRICT14ODAAT@GMAIL.COM**

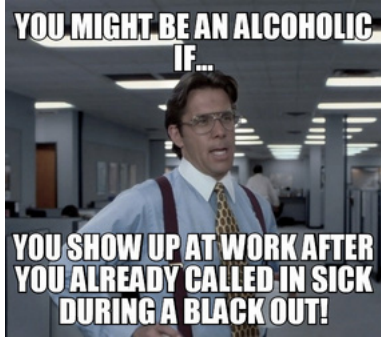
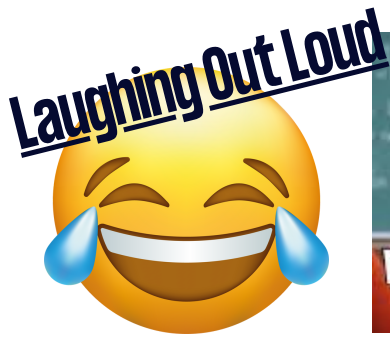
**PLEASE SUBMIT ON THE 15TH OF  
THE MONTH**



# Letter from The Editor

As I sit here trying not to be nervous about speaking at the Eat' N Speak tonight, I am reminded that this is not about me. The truth about myself that was revealed through the 4th step helps me to stay right sized. I do not have to have a standing ovation, a slap on the back, or even a thank you. Today I get to be of service and share my experience, strength and hope with my only intention being to help another alcoholic to achieve sobriety. It is with a grateful heart that I have a story to tell and that my disease did not succeed in killing me. When I began to live a rigorous honesty life and truly saw me for me I was amazed and free. I have always heard the truth shall set you free and now I really understand the meaning behind it. Being able to not shut the door on my past but live in the present with my higher power "God" I am now able to do the inventory process daily, sometimes hourly and that to me is such a gift that the 10th step was ingenuously added to create a way for me to live in the 4th! Such trickery right, but for a complicated person like me that was so necessary. If anyone would have said "Oh by the way you will be doing the 4th step over and over." I might have left before the miracle happened and friends I will tell you don't do that because I am living prove it works! Tonight was so amazing and I am still feeling the spirituality of the room! I was able to share from the heart and truly felt love for and from everyone there. I will share that I was given a gift this evening from an old timer who told me he loved my story and could feel how much I love the program. He also told me that in one part of my share I talked about steps 6&7 and how "I will be working on them" He told me to always let God work on them. I appreciate that so much because if I am truly working this program my words and thoughts must match. I will forever be thankful for him taking the time to speak to me and that today I am teachable! God can and will, so I need to let him.

Forever Trusting God, Cleaning House and Helping Others,  
Jen B  
850-240-9916



A drunk guy in Alaska decides to go ice fishing. So he packs up his stuff and goes out onto the ice.

He starts sawing a hole in the ice, and a loud booming voice says, "YOU WILL FIND NO FISH UNDER THAT ICE!"

The drunk looks up, ignores it, and continues on. The voice repeats, "YOU WILL FIND NO FISH UNDER THE ICE."

The drunk looks up and says, "God? Is this God trying to warn me?" The voice says "NO, I'M THE MANAGER OF THIS ICE RINK."



Dear Alcohol,  
We had a deal where you would make me funnier, smarter, and a better dancer... I saw the video....

We need to talk.

*Heard in a meeting....*



Trust God  
Clean House  
Help Others





## **From the Desk of District 14 Intergroup Chair: Linda W and Co-Chair: Paul B**

We appreciate all the service that everybody does for intergroup and central office. We have 3 new trusted servants and 1 person who will fill in when needed, thank you so much for stepping up to do service for intergroup and help the still suffering alcoholic by answering the phones. We could not do this without each and everyone of you. We are looking forward to the Spring Picnic and the Bingo Night, we will give more details at the April 15, 2024, Intergroup meeting 6:30pm at Central, would love to have new Intergroup representatives come that night to be able to tell you all the news we vote on at the meeting. We have one shift open Sunday evening 4:00pm – 7:00pm if anyone who has one year of sobriety and please ask your sponsor about taking this service position it is very important position to be a trusted servant for Intergroup/Central Office. We will train you until you feel good about taking the shift that is available, fill out a form and we will get back with you to talk with you about the position open.

In the August 2024 Newsletter we will have information for the elections for new Officers and Committee Chairs starting on January 1, 2025. Intergroup will be hosting the Sept. 1, 2024, breakfast at Am Vet 78, 910 Valastics Ave., Valparaiso, FL 32580 to go over more details about the positions that we will be voting on for the Oct. 21, 2024, intergroup meeting at 6:30pm Central Office located at 24 Hollywood Blvd. NW, Suite 3, Fort Walton Beach, FL 32548 if you have any questions give Chair or Co Chair a call and we will be happy to help you with your questions or come to the workshop Sept. 1, 2024. We would love to see everybody there; we just want District 14 to be more informed what Intergroup does and feel more comfortable about doing service for Intergroup/Central Office. Thanks for allowing us to serve, it is an honor!

Linda W – Chair – Cell 850-582-7704 e-mail [lcw061687@hotmail.com](mailto:lcw061687@hotmail.com)

Paul B – Co-Chair – Cell 850-240-0416 e-mail [bondp@cox.net](mailto:bondp@cox.net)



# From the Desk of Dawn O – District 14 DCM

Greetings District 14!

Dawn O. here with District News for April 2024



## Seventh Tradition

This month's literature focus is on our finances as addressed by our traditions. A.A.'s Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions. This means that only A.A. members contribute financially to A.A. – and even A.A. members are limited in the amount they can contribute. This keeps A.A. free of outside influences that might divert us from our primary purpose – to help the alcoholic who still suffers. The amount of the contribution is secondary to the spiritual connection that unites all groups around the world." (QR Code below)



"Self-support begins with me because I am part of us – the group. We pay our rent and utility bills, buy coffee, snacks and A.A. literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A." from A.A. pamphlet F-3 Self-Support: Where Money & Spirituality Mix, [https://www.aa.org/sites/default/files/literature/F-3\\_1023.pdf](https://www.aa.org/sites/default/files/literature/F-3_1023.pdf)

In addition to the many publications that address A.A. finances, check out the workshop below for more information.

## District Workshops

On April 6, 2024, District 14 presents a Seventh Tradition Workshop from 10:00 am – Noon at the Shalimar United Methodist Church, Family Life Center, 1 Old Ferry Rd, Shalimar, FL. All are welcome and refreshments will be provided by District 14. The workshop is also available virtually at: <https://boxcast.tv/view/aa-district-workshop-shalimar-umc-ntq2kfunradbp8yu54q9>

Next up, on April 20, 2024, District 14 Literature Committee hosts the Area 1 Literature Committee Road Show at Christ the King Episcopal Church, 480 N. County Hwy 393, Santa Rosa Beach. Lunch will be served at 1:00 pm, followed by the Road Show at 2:00 pm. This is a fun event with games, trivia, and A.A. literature galore!

## Area Assembly

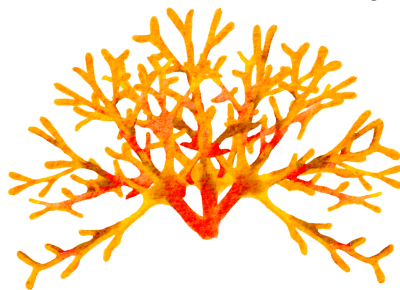
Thanks to all who participated in Area Assembly March 22-24, 2024. It was a very enlightening meeting. I thought that all the districts did a good job of helping to prepare our Delegate for his work in representing our Area at the General Service Conference (GSC) in New York. We will be inviting our Delegate Tomy G. to present the results of the GSC to us later this summer.

Yours in love and service,

Dawn O.

Dawn O., DCM, District 14

850-320-2712



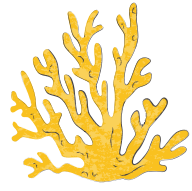




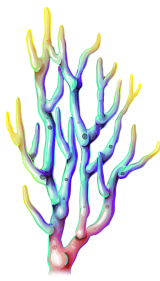
# Sobriety Birthdays

With COURAGE and STRENGTH,  
You Decided to CHANGE. You Asked for HELP.  
You LET GO of a broken life and  
Your LIFE BEGAN ANEW.  
You DIDN'T GIVE UP, Even in the darkest moments.  
You LET PEOPLE IN. You built TRUST.  
You Allowed yourself to FEEL and BELIEVE ...  
You are WORTHY and DESERVING...  
of LOVE, FORGIVENESS and HAPPINESS.  
You got ...SOBER.

Weekenders  
John O April 28, 1986



Rise and Shine  
Ally G 4/5, 2 years  
Tim H 4/10, 1 year  
Jenna B 4/11, 1 year  
Eddie Y 4/22, 12 years  
Brenda L 4/23, 8 years



Friday Night Lights  
JUSTIN B- 4, 22, 2011 13 years

Deckhands  
DWIGHT E/2 APRIL 2018/6 YEARS  
MICHAEL N/8 APRIL 2021/3 YEARS  
KELLY M/24 APRIL 2004/20 YEARS

Early Risers  
Mike C 4/8/03  
Jamie G 4/14/13  
Tammy K 4/17/18  
Lauren W 4/17/18



Experience  
Strength  
& Hope



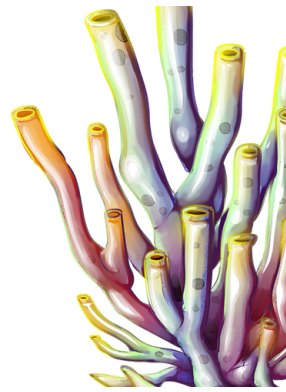
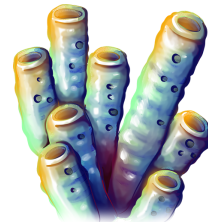
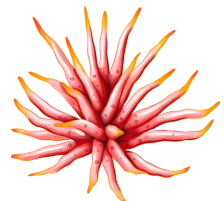
## Speaker Meetings

Powerless  
Every Saturday  
8pm @ 52 Beal

Primary Purpose Group  
Every Saturday  
2 Speakers  
6:30pm @  
703 E Miracle Strip

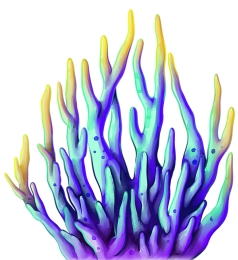
Miracle Group  
Tony Edge - Third Tradition  
1st Tuesday of the Month  
8pm @ 165 Coral Dr SW

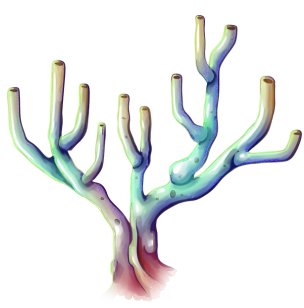
Rise and Shine  
1st Saturday of the Month  
8am @ 52 Beal



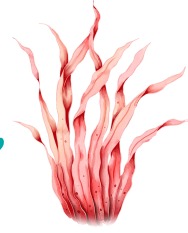
Weekenders  
Speaker Dan V on April 21, 2024  
Every 3rd Sunday of the Month  
5:30 pm @ 333 Lewis Street Bldg 3

Area 1 District 14  
Intergroup Breakfast /FUNDRAISER  
Am Vets Post 78  
910 Valastics Ave. Valparaiso FL. 32580  
Next Breakfast: May  
Hosted By:  
Speaker:  
Breakfast @ 9:30 am (\$8.00)  
SPEAKER @ 10:30am





# Events



**GSR & GROUP TREASURER**  
**SEVENTH TRADITION WORKSHOP**



**SHALIMAR UNITED METHODIST CHURCH**  
**FAMILY LIFE CENTER**  
**ALL ARE WELCOME!**  
**Saturday April 6th**  
**10am - 12pm**  
*With Refreshments*

**Where does it come from?**  **Where does it go?**

**Every A.A. group ought to be fully self-supporting, declining outside contributions**


**Area 1 Alabama/NWFL**  
**Area 1 Literature Committee**  
**ROAD SHOW!**

\* AA Literature Jeopardy Game  
 \* What is Conference-Approved Literature?  
 \* My Favorite Pamphlet  
 ... AND MORE!

**Sat April 20th**  
 Hosted by:  
 District 14 Literature Committee

**Christ the King Episcopal Church,**  
**480 N. Country Hwy 393,**  
**Santa Rosa Beach, FL**

**Lunch @ 1:00pm** **Road Show @ 2:00pm**



**Recovery Unity Service**

**Country Round-Up**  
 (27th Annual)  
 "Thy Power, Thy Love, and Thy Way of Life."  
**April 12th, 13th, 14th 2024**

For more information call: (850) 769-1929; (850) 333-3410.  
 E-mail: lynwilkins@gmail.com Mail: 412 Triton St, Port St Joe, FL 32456  
 Ag Center 1424 Jackson Avenue (Hwy 90), Chipley, FL  
 Registration \$30.00 per person (Due by Fri. 4/12/23) \$35.00 at the door  
 Children 12 and under \$5.00

**Registration Opens at 3 P.M. Friday**

**Friday, April 12th**  
 4:00 pm Open Discussion Meeting on Bleachers  
 6:30 - 7:30 pm "Pickin' & Grinin'"  
 8:00 pm Speaker

**Saturday, April 13th**  
 6:00 am. Ag center opens  
 7:30 am. Early Bird OD Meeting on Bleachers  
 9:00 am. Speaker  
 10:30 am. Old Timers Panel  
 1:00 pm. Speaker  
 2:30 pm. Speaker  
 4:00 pm. "Pickin' & Grinin'"  
 5:30 pm. Meal  
 6:30 pm. Raffle Big Screen Smart T.V.  
 8:00 pm. Speaker  
 9:00 pm. Speaker

**Sunday, April 14th**  
 6:30 am. Ag center opens  
 7:30 am. Early Bird OD Meeting on Bleachers  
 9:00 am. Speaker

**Speakers:**  
 Patrick G. AA Lake Placid, FL  
 Linda G. AA Lake Placid, FL  
 Larry S. AA Wewahitchka, FL  
 Amanda B. AA Montgomery, AL  
 Angie B. Al-Anon Destin, FL  
 Suzie B. AA Mossy Head, FL  
 Voice - Patsy W. AA of Dothan, AL

**Come & Enjoy Good food and Fellowship!**

\*Days Inn\* @850-415-6484 \$69.98 per night  
 \*Comfort Inn & Suites\* @850-415-1111 \$99.00 per night  
 Must mention Country Round-Up to get rate

"pickin' and grinin'" - Throughout the weekend you'll come join in. Bring your noise makers and join in. All Pickers Welcome!  
 Donations of snacks and baked goods would be greatly appreciated.  
 Registration Badges are required for entry to all Banquets. Ag Center closes at 11:00 pm Fri and Sat Evenings

Name #1:	Badge to Read:
Name #2:	Badge to Read:
Address:	Home Group:
City/State/Zip:	
Email Address:	
Contribution for sponsorship registration? \$30	Other \$

Mail registration form & checks to: Country Round-up, 412 Triton St, Port St Joe, FL 32456 (Due by Fri. 4/12/23)  
 We also accept PayPal (@j3l3d168) or Venmo (@Lyn-Wilkins1)

**AREA 1 CONVENTION 2024**  
**Miracles OF LOVE AND SERVICE**  
 FORT WALTON BEACH

**EARLY BIRD REGISTRATION NOW AVAILABLE!**  
[WWW.AREA1CONVENTION.ORG](http://WWW.AREA1CONVENTION.ORG)

**NOVEMBER 1st - 3rd 2024**

**WITH A 3 DAY Event**  
**Speakers, Workshops, Fellowship, and FUN!**

**Our Partner Hotels:**  
 FOUR POINTS BY SHERATON  
 BEAL HOUSE  
 COMING SOON!

**Pre-Registration Price**  
**\$40**  
[WWW.AREA1CONVENTION.ORG](http://WWW.AREA1CONVENTION.ORG)

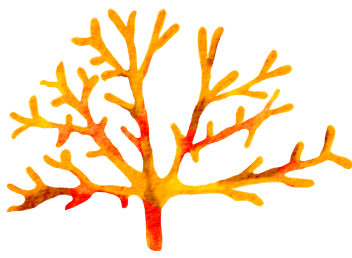
**Mail to:**  
**Area 1 Convention PO BOX 4336**  
**Fort Walton Beach, FL 32549**

**REGISTER NOW**

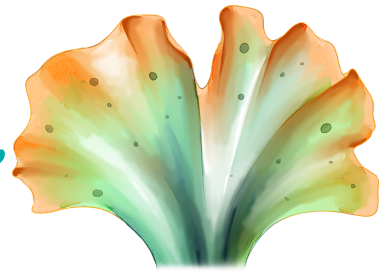
**\*Make checks payable to Area 1 Convention\***  
[WWW.AREA1CONVENTION.ORG](http://WWW.AREA1CONVENTION.ORG)

**Convention Chair - Terry S. (850) 428-4359 Co-Chair Pat M. (646) 334-3496**





# Events



**FIRESIDE SOBRIETY CIRCLE**

**STRENGTH**  
**KINDNESS**  
**HONESTY**  
**SHARING**



**CAMPOUT**

**May 9-12, 2024**

**YOGI in the SMOKIES CAMPGROUND**  
**BIG COVE ROAD, CHEROKEE, NC**

Bring your CHAIRS, CAMPING GEAR, WARM CLOTHES & BLANKETS, SPONSOR SPONSERS... and your POW WOW REGALIA!  
Contact: Herb W. at 828-596-8563 or [firesidesobriety@gmail.com](mailto:firesidesobriety@gmail.com)  
Registration begins **Thursday after the Sacred Fire is lit!**  
**NO PETS in Food Serving/Eating Area, Pow Wow, or Sacred Fire Area**  
**NO PETS AT TENT SITES**

~NA/AA/AI-Anon Speakers~  
~Talking Circles~ Native Teachings  
~Meetings, Meetings, Meetings~  
~T-shirts/Long sleeve shirts~  
~SOBRIETY Pow Wow~  
~Sobriety Countdowns~  
~MUCH MORE!~

**PRE-REGISTRATION: \$55 per PERSON** (kids under 10 are FREE; 11-12yrs \$15 and 13-18 \$20). \$60 at the Gate.  
Price includes breakfast & dinner & tent/camper site for three (3) nights. Lunch is on your own.  
Early Registration ends **May 3, 2024**

NAME(S): \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
EMAIL(S): \_\_\_\_\_  
PHONE # (H) \_\_\_\_\_ (C) \_\_\_\_\_  
# In Party: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Cut & Mail Registration Form by **May 3rd**  
With Checks Made Payable to: **Fireside Spring 2024**

**FIRESIDE CIRCLE**  
C/O Herb Wachacha  
PO Box 2015  
Cherokee, NC 28719

**18th Annual SOBERSTOCK 2024**

**SOBERSTOCK 2024**  
UNITY • RECOVERY • MUSIC  
MARCH 15-17, 2024 BROOKSVILLE, FL

Soberstock is a 3-day weekend AA/AI-Anon/Alateen event featuring speakers, meetings, bands, food & fellowship.  
Soberstock is open to all members of AA/AI-Anon and their families.  
Proceeds of this function will purchase Big Books and other AA literature for District 2 Jails & Institutions. The remaining profits go to the area pie chart.

Speaker Meetings! Campfire Meetings! Live Bands!  
Outdoor Meetings! ALL Food & Drinks provided! Tent Camping!  
Bike Run!

When: Friday, March 15th, 2024 - Gates open at Noon on Friday! Event ends on Sunday at noon.  
Where: "Sand Hill Scout Reservation" - 11210 Cortez Blvd, Brooksville, FL 34613  
What to bring: Tents, blankets, coolers, chairs, lanterns, bug spray, snacks. NO PETS (except service animals) NO RV's  
What we provide: Fri. dinner, Sat. breakfast, lunch and dinner, & Sunday breakfast.

**www.soberstock.com**

All SoberStock orders are on a "Will Call" basis, which means we do not mail any products or tickets. After orders are received, we simply have you on our list and you will pick up all of your items at the gate. Online orders are safe & secure and we take most major credit cards via PayPal.

**ONLINE PRICING GOOD UNTIL MARCH 1ST, 2024**

**ONLINE PRICING vs GATE PRICING:**  
1 DayPass - \$40.00 per person/\$50 Gate  
Weekend - \$75.00 per person/\$90 Gate  
Child under 12-1 DayPass - \$5.00/\$10 Gate  
(CHILDREN ALLOWED ONLY IF ACCOMP. BY PARENT/GUARDIAN)  
Child under 12-Weekend - \$10.00/\$15 Gate  
Tent Pitching: \$15 Per tent (We don't supply tents)  
T-Shirts: \$20/ea (Sizes: S, M, L, XL, 2XL)  
Bike Run: \$20 (FREE if you buy a day or weekend pass)

**NOTE: WE ONLY TAKE CASH OR CHECKS AT THE GATE**  
**NO CREDIT/DEBIT CARDS AT THE GATE!**

All sales are final, and non-refundable.  
This is a Rain Or Shine Event. When ordering online, we don't ship items to you.  
We will have all items for you (INCLUDING TICKETS!) at the front gate day of the event on a Will Call basis.  
Thank you so much for your cooperation!

**NEW! Bike Run!**  
We're having our first bike run (motorcycles) at Soberstock this year. Please visit our website for more details!

Scan me for ALL the info!




**I Am Responsible**

*When anyone, anywhere,  
reaches out for help,  
I want the hand of A.A.  
always to be there*

**And for that:  
I Am Responsible**



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**Early BIRD REGISTRATION NOW AVAILABLE!**  
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Destin-Fort Walton

**COMING SOON!**

**DESTIN WEST VACATIONS**

**BEAL HOUSE**  
FORT WALTON BEACH

Pre-Registration Price [WWW.AREA1CONVENTION.ORG](http://WWW.AREA1CONVENTION.ORG)

**\$40**

**REGISTER NOW**

**Mail to:**  
**Area 1 Convention PO BOX 4336**  
**Fort Walton Beach, FL 32549**

**\*Make checks payable to Area 1 Convention\***

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Convention Chair - Terry S. (850) 428-4359 Co-Chair Pat M. (646) 334-3496