

3rd Step

Made a decision to turn our will and our lives over to the care of God as we understood Him.

3rd Tradition

"Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

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3rd Step Prayer

"God, I offer myself to Thee – To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do thy will always. Amen"



Concept III

As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A.

General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of



"TRUST GOD. CLEAN HOUSE, HELP OTHERS"



The Third Step is a big step for a lot of people, but once complete, you are well on the road to recovery. At the commencement of the Third Step, you are to recite a prayer. That is the Third Step Prayer. You often do this the first time with a sponsor. The third Step prayer is something that you will often recite through the course of recovery, and some even recite it every morning. Recovery prayers are essential because it gets the struggling addict used to talking and relying on God. As we look over the third Step Prayer, we can see a lot of valuable information in it.

God, I offer myself to Thee -

The first part of the Third Step prayer is a declaration that you are giving God control. This declaration reminds us that we are no longer running the show. It says in the big book of Alcoholics Anonymous, <u>page 84</u> "And we have ceased fighting anything or anyone – even alcohol," We have to be reminded that we have offered our self to God, and he is now in the driver's seat.

To build with me and to do with me as Thou Wilt-

The second line in the Third Step Prayer is the realization that our life is no longer our business. We are allowing God to build our life in his vision, and we are merely spectators. We are allowing God to do his will in our lives, and we are acknowledging that he knows best.

Relieve me of the bondage of self, that I may better do Thy will

When we get into the next line of the prayer, we are acknowledging that we have been in bondage to ourselves. Our life has been plagued with self will run riot. We often made decisions only thinking about our self and not thinking of others. We are now going to stop this way of thinking and release the bondage of self that has run our lives. The <u>definition of bondage</u> is the state of being bound by or subjected to some external power or control. We will now release that power and control to God. We are beginning to transition from our will to God's will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way

The final line in the prayer is of the utmost importance. We now know that only God can relieve our difficulties, and we are giving Him the power to do so. We know that as God removes our difficulties, we will see that he is in charge. In recovery, any struggle that we go through and overcome will be one more way that we can help others. These tribulations in our life will no longer be in vain. We will use then to reach the next struggling addict. We will do everything with a guiding force of God's Love and God's Power in God's will.

This prayer can have special meaning for every person that recites it, and to gain maximum understanding of the Third Step Prayer finding our personal meaning to it is unparalleled. You may want to write out your definition of the prayer to gain insight into what it means in your life. There are other recovery prayers that people learn, but none seems to have the same depth and weight that the Third Step Prayer has for those going through the 12 Steps of Recovery.

May I do Thy Will Always, Amen



Next District Meeting: 1st Monday of the month @6:30 PM Central Office and on Zoom 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
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:
DISTRICTI40DAAT@GMAIL.COM
PLEASE SUBMIT ON THE 15TH OF
THE MONTH



I am beyond grateful to have a program that has taught me humility, integrity, compassionate, and love. I have been given the most amazing gift of a new life I never thought possible. In the last year I have lost my dad and my grandpa, but I stayed sober. The good times and the bad times are both equally important to me today. I would have never been able to see that feeling pain could give me peace. I used to want to only feel good at any cost. I know today that the spiritual growth that comes from the pain is actually my greatest asset in the journey of sobriety. To share my experiences with others and to be vulnerable enough to put the pain on the table is something I am so glad I have not missed. The miracle of seeing the eyes in another human light up as they get their new life has been the highlight. I know that as long as I stay sober and rely on God that everything is going to be alright. Being able to be true to myself even when it's not going to please everyone has given me the freedom of real honest living. I will forever be in debt to AA and this fellowship for allowing me to become the person I was meant to be. My Higher Power that I call God has always loved and protected me through it all until I could see that I too have a purpose. My dad and my grandpa meant so much to me and for them to get to see me sober and have meaningful conversations with them before they passed was without a doubt the Grace of God! I may not be doing everything exactly perfect but I know that I am right where I am suppose to be right now. My past gave me the experience, my present gives me strength, and my future is full of hope. I will never doubt the power of the 12 steps, the principles and giving freely what was given to me, for without those I would surely be lost. I have finally stopped fighting anyone or anything. This trudge is real and it is something that I will continue "No Matter What!" Happy, Joyous and Free with one foot in front of the other.

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

Laughing Out Loud

ALL THE THINGS I CAN'T SAY OUT LOUD BECAUSE I'M SOBER



ME: IT'S NOT ABOUT HOW MANY TIMES YOU FALL. IT'S ABOUT HOW MANY TIMES YOU GET BACK UP.

A baby can

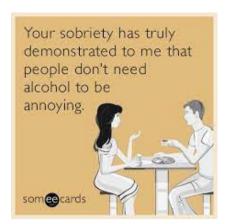
drink a bottle,

fall asleep and people

say it's cute.

If I do it, I'm an alcoholic.





OFFICER: YEAH, THAT'S NOT HOW FIELD SOBRIETY TEST WORKS...









"If you start treating yourself right, others will do the same"



"Blackouts are like someone following you around at a party with a Polaroid and then mixing them up and throwing them on the coffee table"

"Learn to accept instead of expect"



The worst day sober is still always better than the best day drunk"

"What other people think of you is none of your business"

"I only drank on the days that end in "y".







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

Intergroup report March 2024 for Newsletter

Thanks for all the Trusted Servants, Officers, Committee Chairs, and Intergroup Reps. We appreciate all you do for Intergroup and Central Office.

Open Shifts Tuesday Night and Sunday Night 4:00pm – 7:00pm. Please make sure the person has 1 year of service, talks to their sponsor and then with training have the person come in and fill out the paperwork for being a trusted servant and then I will give them a call set up time for the person to get trained and check what day and shift they are available to train, we need make sure the person can handle the position, I will talk with them and person training them will give the person a key. The person needs to be responsible with money and responsibility it takes to be a trusted servant answering the phones and selling merchandise (coins, pamphlets, and books). They need to be an recovered alcoholic and If they are the last trusted servant that evening there are certain jobs that need to be finished (Cleaning up, vacuum and trash taken out) put heat down for the night, lights turned off and make sure back door and front door is locked, put the phones on night for hotline to pick up calls while the office is closed, before the person leaves for the night. The Trusted servant needs to be aware when the volunteer they are agreeing to stay there for the shift they signed up, if something comes up, please give Linda W a call before they leave central office. If you cannot make the shift you agreed to work, you need to call Linda W the night before so I can get a replacement for your shift.

I passed out the February Intergroup Newsletter and the Intergroup Twelve Step Call List (it has been a long time since the list has been updated – this list will help the trusted servant who is working the shift at central office in case a caller wants to talk to a women or man) for groups to complete the information requested. I have been announcing the Open Shifts available and groups in your next business meeting elect an intergroup representative to have a voice and vote for your group at our next meeting.

I gave the taxes for 2023 year to Cathy Legg to complete our taxes and she gave me a call to let me know I can pick them up, the cost this year is Federal \$50.00 and State \$429.00.

We got the \$150.00 credit for Jan. 2024 bill, and it shows on our Feb. 15, 2024, due date which means the bill is \$72.60 for Cox Cable.

In old business we will talk to the Ad hoc committees' chairs about the Spring Picnic and Bingo Night which will show in the Feb. minutes with details for these events the Intergroup is paying for these events. The committees will give more details at the March 18th, Intergroup meeting at Central Office 6:30pm will give date, time, and location.

I went to the Round up and different meetings having the Feb. 2024 Intergroup Newsletter available on tables for District 14 is aware of what is happening with district and intergroup and other events happening with AA.

Thanks for allowing us to serve as your Intergroup Chair and Co-Chair it is an honor to be of service.

Linda Westcott- Cell Phone-850-582-7704 / email-lcw061687@hotmail Paul Bond – Cell Phone Cell Phone-850-240-0416 /email-bondp@cox.net

From the Desk of Dawn 0- District 14 DCM

Dawn O. here with District News for March 2024

Preconference

I thought that a brief introduction to Concept I would shed light on our authority and responsibility to participate in the Preconference input to the Delegate. "Concept I: The final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship" (C3)1. In A.A., the fellowship's collective conscience is conveyed through a democratic process at the General Service Conference (GSC). This is in keeping with the principles of Tradition Two "the A.A. groups are to be the final authority; their leaders are to be entrusted with delegated responsibilities only" (C4). It took many years to determine if the GSC was going to work. Bill believed that he saw "in our Fellowship a spiritualized society characterized by enough enlightenment, enough responsibility and enough love of man and of God to insure that our democracy of world service will work under all conditions" (C5).

Keeping in mind Bill's faith in our fellowship, it is time again to participate in the preconference (i.e., in preparation for the General Service Conference) input to the Delegate. Your General Service Representative (GSR) has received the information on the agenda items assigned to your group for the General Service Conference. Please provide your ideas and opinions related to these topics to your GSR. Your voice will be carried to the Area 1 Assembly through your GSR & DCM. This assembly is part of the preconference. Our Area 1 Delegate (Tomy G.) will then use your feedback on these issues to help guide his votes at the General Service Conference. In a sense the GSC is the ultimate group conscience. I hope you will participate in this important A.A. service. If you have any questions, ask your GSR, me, or any District trusted servant.

District Workshops

We are excited to announce that District 14 will be providing two vital workshops in April!

Have you ever wondered where the money comes from to run all the different facets of A.A? Ever wonder where the money you put in the homegroup basket goes? Well on April 6, 2024, these, and other questions will be answered when 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.

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!

Plain Language Big Book

Still have questions about the Plain Language Big Book? Well, the next Area 1 Literature workshop will be a "Presentation on the Plain Language Big Book" by Clint M., Non-Trustee director on A.A.W.S. Board and Chair of Plain Language Big Book Subcommittee on Tuesday, March 26, 2024, at 7:00 pm. NEW Zoom ID: 872 1136 8681PW:1935.

Yours in love and service, Dawn O., DCM, District 14 850-320-2712



The A.A. Service Manual combined with Twelve Concepts for World Service, 2021-2023 Edition, by Bill W. pp. C3-C5.





Rise and Shine

Ron D 3/6/1975 49 years Kristi \$ 3/18/2022 2 years Marty B 3/22/1993 31 years Jo Ann B 3/22/2021 3 years Ted M 3/22/2014 10 years





HAPPY SOBERTHDAY!

STAYING SOBER IS LIKE SUPER COOL OF YOU.



Third Tradition

Chris S - 3/4/2010



Deckhands BILL J/ 13 MAR 1996/ 28 YEARS LANI T/ 14 MAR 2023/ 1 YEAR

Early Risers Rory 3/17/85 Larry D. 3/03/95 Homer 3/06/04 Mike D. 3/05/14 Sonya 3/15/17 Jason L. 3/17/22

David B. 3/20/22





Sobriety Birthdays







Experience Strength 8. Hope Speaker Meetings

Powerless Every Saturday 8pm @ 52 Beal

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

Miracle Group Ist Tuesday of the Month 8pm @ 165 Coral Dr SW



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





Speaker: Ray F Breakfast @ 9:30 am (\$8.00) SPEAKER @ 10:30am

Weekenders

Every 3rd Sunday of the Month 5:30 pm @ 333 Lewis Street Bldg 3





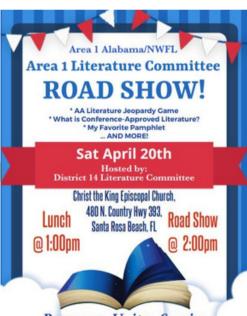


Events



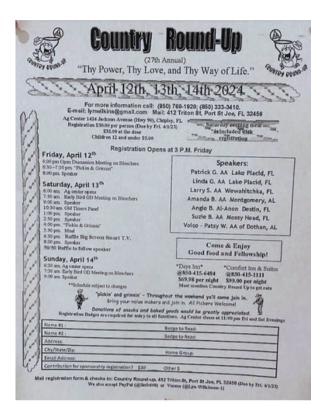






















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Every A.A. group ought to be fully

18th Annual SOBERSTOCK 2024





is a 3-day weekend AA/Al-Anon/Alateen ev

Soberstock is a 3-day weekend AAIAI-AnoniAlateen event featuring speakers, meetings, bands, food & fellowship.

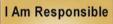
Soberstock is open to all members of AAIAI-Anon and their families. Proceeds of this function will gurchase I

riday, March 15th, 2024- Gates open at Noon on Fridayl Event ends on Sunday at noon. Bike Run!

ONLINE PRICING vs GATE PRICING: 1 DayPass - \$40.00 per person/\$50 Gate Weekend - \$75.00 per person/\$90 Gate

Weekend - \$75.00 per person\\$90 Gate
Child under 12-1 DayPass - \$5.00\\$10 Gate
(OKUSEN ALLOWED ONLY # ACCESS OF TABLES OF THE OFFICE OFFICE OF THE OFFICE OF





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

> And for that: I Am Responsible









The meeting opened at 6:30PM with the "We" version of the Serenity Prayer, Tradition 2 and Tradition 9.

ATTENDANCE: 13 in attendance / 8 via Zoom

COMMITTEE REPORTS

- Secretary Report: (Jen D) Copies of the report emailed, and hard copies distributed at the meeting. Report Accepted.
- Treasurer's Report: (Jen G) Group contributions \$2,774.00. Total Expenses \$1,439.48. Beginning checking balance \$9,889.73. Income \$3,285.35. Expenses \$1,439.48. New checking balance \$11,735.60. Prudent Reserve \$7,501.48. Group contribution via PayPal: The amount recorded on the spreadsheet reflects the PayPal service fee. Cox issued a refund that will reflect on the next statement. Correction to "Group Contributions on the spreadsheet: The deposit of \$2,585.00 was from Busters, Not Richard S. Report Accepted.
- Book Fund Report: (Johnnie) Beginning balance as of Jan. 15th \$3,328.12. Income January 15-February 19th \$1,205.11. Deposits \$700.00. Square Sales \$505.11. Expenses \$1,381.48. Bank fee \$2.99. Sales tax \$67.03. AAWS \$1,311.46. Current balance \$3,151.75. Report Accepted.
- Chairperson Report: (Linda) Central Office shifts available: Tuesday and Sunday night 4:00pm 7:00pm. Twelve Step List needs to be updated. Please take sheets back to groups for members to sign up. (the member should have 1 year of sobriety). All returned sheets will be compiled into a master list. All taxes are done and filed. Federal taxes for this year are \$50.00 and the state is \$429.00. Cox refunded \$150.00 for a monitor replacement. This is reflected in the February statement. Next Intergroup Meeting will be held in the Central office on March 18th 2024 at 6:30pm.
- Co-Chair Report: (Paul) Reiterated that Intergroup helps our AA community come together.
- DCM Report: (Dawn) Pre-conference has begun. The first 8 agenda groups will be sent out to the groups. Area Assembly date has been changed: March 22nd 24th at the Clarion in Auburn. April 20th the Literature RoadShow will be at Christ the King Church Hosted by the Literature Committee. A 7th Tradition Workshop is being put together by an Ad-Hoc committee. This will be located in Shalimar in April more information to come. Area 1 Convention Meeting is the 2nd Monday of the month at the Central Office or Zoom at 6:30pm. Area sent out flying asking for Input regarding Area meetings being held virtually and in-person. If you are interested in receiving information via email give your information to Brad A. Read and Accepted.
- AA Hotline Report: (Rindy) Special thanks to Paul, Sugi and Carlos for their service.
 There are openings for more volunteers. Read and accepted.







- ODAAT: (Jen B)
- Web Servant Report: (Jaime) 700+ visitors including those from the Philippines, Canada, and Panama. Read and accepted.
- IG Breakfast Report: (Suzi B) Hosted by Lakeview Group. James K was the speaker. 22 in attendance. Collected \$30, paid rent \$25 and donated \$5.00 to Intergroup. Next breakfast will be held on March 3rd. Hosted by Straight up Group with the speaker being Ray F. Breakfast at 9:30am for \$8.00 and the speaker begins at 10:30am. Jason from Early Risers will select an open date to host. IG Breakfast Information is incorrect on the website. Jamie to look into. Read and accepted.
- Eat & Speak Report: (Terry) Next Eat and Speak is Saturday March 30th @5:30pm at the First Presbyterian Church. Hosted by Unwind Your Mind. Speaker is Jen B. Alanon speaker TBD. Motion to sell T-shirts was tabled. Read and accepted.

OLD BUSINESS: Bingo Ad Hoc Committee: Proposed to hold on a Friday night in June. Steve reported the cost for the BINGO supplies is approximately \$100.00. Navarre Fellowship would like to donate. Emily is researching locations to hold the event to hold approximately 50-60 people. Mary Esther United Methodist Church is approx. \$300.00. More details to come about other locations. Spring picnic: Jason R and Karen Coffey will be the committee chairs. Looking into the following locations: Liza Jackson Park in FWB and Clement Taylor Park in Destin. Jen D will research and provide information regarding Liza Jackson Park. Discussion

NEW BUSINESS: No new business.

GROUP REPORTS:

- Unwind Your Mind (Terry) Meets on Wednesdays night 7pm at Grace Church. 5th Anniversary will be celebrated. Paul and Terry S to take care of food. Daily Meditation is available via Facebook Live each morning at 5am and each evening at 10pm.
- Navarre Fellowship (Steve) Attendance has doubled in size. Averaging 25-30 people.
- Primary Purpose (Rindy) Meeting time is changing from 7pm to 6:30pm both Thursday and Saturday. This begins in March.
- Early Risers (Jason) New ladies meeting Mondays at 6pm.
- Young at Heart (Lindsey) new IG rep. 2 birthdays last month.
- Miracle Group (Brad) Two birthdays: Steve T 33 years and Jamie F 8 years.
- Straight up Group (Dan) Averaging 30 people per meeting. Jerri S is celebrating 40 years.
- Jaywalkers (Walt) Averaging 17-25 people on Sunday and 12-15 on Saturdays.. James will be celebrating 6 years.
- Mossy Head Community Group (Johnnie) Celebrating the group's 26th anniversary the last Sunday of March. Russ B will be celebrating 39 years. Doors open at 5pm, food at 5:30, and speaker starts at 6:01pm.
- Weekenders (Linda) Martin will be celebrating 14 years.



INTERGROUP TREASURY REPORT

Jan-24

Income

THE WHILE	200 - 200
Group Contributions	2,774.00
Intergroup Breakfast (After Rent)	8.00
Quarterly Eat & Speak Income	1/0 04100.1
GSC/Dist Rent (3 months)	453.00
District Zoom Contribution	-1 3.0-10-10-1 10-1
Anonymous Donation	15.00
Copier Money	35.35
Total income	3.285.35
Expenses	
Speaker Reimbursement	
Donation To GSO	202.27
Cable TV	189.65
Eat and Speak Church Rental	
Electricity	239.51
Supplies for CO	67.91
Rent plus Autopay Fee (2.49)	724.15
ODAAT Printing Fee	
Zoom Monthly Fee	15.99
Total Expenses	1,439.48
Begining Checking Balance	9,889.73
Income	3,285.35
Expenses	1,439.48
New Checking Balance	11,735.60
Prudent Reserve (Savings End Bal.)	7,501.48

INTERGROUP TREASURY REPORT



A summary of group contributions to Intergroup is presented in the following table: Jan 2024

87 Stools & Bottles Group	- 23
#697516 Beautiful Downtown Baker Group	
An AA Group	
Brown Baggers	2.505.00
Busters	2,585.00
Freeport Troublemakers	
Care Group	
CAYA (Come As You Are)	3 20
Chain Gang AA Meeting	***
Corpus Christy Group	
Cover to Cover Group	- 20
Crestview Mon Night BB	37 50
Crestview Southside Group	48
Daily Reflections Group	3 50
Deckhands Group	48
Dedication Group	3
Destin Group	1 48
Destin Saturday Night Group	33 50
Early Risers - Navarre	-
Faith Group of Crestview	30 50
First Things First Meeting	-
Friday Night Lights	
Happy Hour Group	100
Honesty Group	- 1
Hurlburt Field, Chapel Group	100
Jaywalkers	3 -0
Ladies Friday Night Group (Candlelight)	
Lakeview Group	- 1
Lakeard Awakenings Meeting	1
Living Sober Group (Candlelight Group)	
Monday Night Big Book	-
Men's Group	-
Miracle Group	30.00
Mossy Head Community Group	30.00

Totals	2,774.00
Young at Heart	92
Women's Sunshine Sisters Meeting	1.2
Lunch Bunch	12
Primary Purpose	
Women's Meeting	- 12
Weekenders Group	
Wed. Women in Recovery Group	
Val-p Home AA Group 161944	
Unity Group	
UBU Meeting	
Turning point	
Traditional Group	
Thursday Night Ladies 12 & 12	
There is a Solution	
Third Tradition Group	
Sunday Sunset BB Study Group	25
Sunday Sunrise Beach Meeting	10
Straight Up Group	
Sparkle Group	107
Serenity Group (Friday night) Shoulder 2 Shoiulder	
Serenity by the Sea	107
Second Chance Group	
Sat Night Live Meeting Saturday Night Serenity	- 25
Rule 62 Group	
Rise & Shine	129.00
Red Door Group	120.00
Primary Purpose Womens	26
Powerless Meeting	
Paypal	26
On Awakening Group	- 15
Niceville Group	24
Navarre Fellowship	1.5

Jan-24 **Group Contributions**

Rise & Shine	129.00
Mossyhead	30.00
Miracle Group	30.00
Busters	2,585.00
	3 3
Total*	2,774.00







Please pick up the report at the next District Meeting

District 14 Treasurer's Report





Please pick up the report at the next District Meeting