



One day  
at a  
time

**AUGUST**  
**2024**

## Area 1 District 14 Newsletter

### 8th Step

**"Made a list of all persons we had harmed and became willing to make amends to them all."**

### 8th Step Prayer

**I ask Your help in making my list of all those I have harmed. Be forgiving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.**

### IN THIS ISSUE:

Step /Tradition/Concept/Prayer  
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### 8th Principle

The spiritual principle of love calls on us to be gentle, to be kind, and to treat others and ourselves with respect. It is a reminder to choose to "Live Lovingly" in our words, and with acts of love. As a recovering alcoholic, I have found that being in a place of love is the antidote to fear, the ultimate place of serenity and acceptance. Through my program of recovery I have learned that even when faced with great darkness, I have my higher power to guide me with a focus on the light of love. I can make a choice every day to accept that everything, everyone, and all experiences are "Love". When we experience that place of loving and being loved, we get a relaxed sensation- a warmth, vulnerability, humility- and it brings us to a place where we can embrace everything just as it is.

### Brotherly Love



### 8th Tradition

**"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."**

### Concept VIII

The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect directors of these entities.

# THE PRINCIPLE OF LOVING OTHERS & OURSELVES

This spiritual principle is also sometimes referred to in 12 step programs as the principle of “Brotherly-Love”. By treating others with love, tolerance, and kindness you are respecting their divinity– because they are of God too. By practicing the spiritual principle of love, we commit to our “oneness” – that unifying connection we have with each other which is that we all come from love. The principle of love is about empathy and compassion and is in alignment with Step Eight of AA Alcoholics Anonymous. Understanding and growing are important in recovery, but so is taking action! So, when we make a list of everyone we have harmed in our past and become willing to make amends, we are practicing the principle of love. A huge part of my recovery and how I have practiced the principle of love is taking ownership for my actions, being accountable, removing anger or resentment, and making things right whenever possible.

During the trials and tribulations of my life as an active alcoholic, there was a lot of damage done and a serious lack of love. I felt like I was thrust into the middle of hopelessness and it was nearly impossible to generate love for myself or to receive it from others. For me, part of my spiritual program of recovery has also been the healing process of loving myself.

## THE PRINCIPLE OF LOVE THROUGH MEDITATION & PRAYER

Meditation and prayer are a huge part of my recovery, and even though prayers may not always change the situation, they will always change us. When we have problems or questions and look to our higher power, the answer we get is almost always LOVE.

Remember, if you are in a place of love you cannot be in a place of fear or anger. So if you find yourself out of alignment with the principle of love it's the perfect opportunity to try a little guided meditation on love:

Take a few minutes to close your eyes, focus on your breathing, on the center of your chest, your heart chakra, the source of self-development and unconditional Love.

Next, visualize a radiating green light-filled with nourishing, replenishing, and healing for your heart. Gently breathe into this area around your heart, letting it soften and expand on your breath. Invite in the color green, and bathe your heart center with nourishment, renewal & healing.

Now take a deep, slow breath, inhaling peace, love, and light and as you are slowly exhaling, imagine letting go of any thoughts or feelings you do not need. See yourself setting those free as you exhale any fear, shame, anger, guilt, pain, or sadness.

**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**

To be human.....when I finally turned my will and my life over to a power greater than myself, I became human. Being human can be painful at times, but today I can accept that pain as a gift for growth. Before I came into the rooms of Alcoholics Anonymous I was beat down and broken, I had no real connection with anyone. I thought I only had 2 feelings extreme elation and anger. AA showed me how I can have ALL the feelings and not mask them with alcohol. I had to allow myself to be honest with my feelings, to truly understand them, and to be human. This is not always easy as I still have a hard time knowing how I am truly feeling and to express them is sometimes impossible. Sometimes the people in my life have a difficult time with this and feel as though I am pushing them away over something they did and that is never the truth it is that I have to first figure out what exactly I am feeling and then try to put it in words. I pray that God can remove this difficulty, and that He will allow me to understand and express my feelings openly and honestly with others. Today I am willing to be teachable about my feelings and to be true to myself so that I may be free from the bondage of self. I must or I shall surely drink again.

The emotional sobriety of this life changing program is a rollercoaster and sometimes the feeling of not meeting the requirements to ride are overwhelming. I am so grateful I got in the line and decided to pull up my bootstraps because no matter what life brings, as long as I stay sober it's going to be just fine.

So if you have ever found yourself hanging on for dear life, just strap in, don't drink **NO MATTER WHAT** because it's the best ride you'll ever take! Remember job or no job, wife or no wife, place **NOTHING** above your sobriety and trudge with this fellowship for a happy destiny.

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



*Heard in a meeting.....*



**"I'm the black sheep of my family but I came to AA and found the rest of my herd"**

**WHAT PEOPLE THINK ABOUT ME IS NONE OF MY F\*\*\*ING BUSINESS**

**"An alcoholic is someone who wants to be held while they isolate."**

**"I got good news and I got bad news. The good news is that the 12 Steps are only suggestions. The bad news is that we ain't got any other suggestions."**



**"It's a simple program for complicated people"**

**"You're only late for your first meeting"**

**"If you sit in a barber chair long enough, you'll eventually get a haircut."**

**"An alcoholic is an ego maniac with an inferiority complex!"**

**"The goal is not to think less of myself but to think of myself less"**

**"Alcoholics don't have relationships, they take hostages"**

**when i am disturbed, there's something wrong with me.**

**"I no longer have a drinking problem, I have a living problem"**





## **From the Desk of District 14 Intergroup Chair:**

**Linda W and Co-Chair: Paul B**

We have a lot of shifts open, please review this information and see if you willing to help us out for 4 hours shifts or if it needs to be less given me a call:

**Thursday – 12:00pm–4:00pm**

**Friday – 4:00pm – 7:00pm**

**Saturday – 2 Shifts (12:00pm– 4:00pm) & (4:00pm–7:00pm)**

**Sunday – 3 Shifts (8:00am–12:00pm), (12:00pm–4:00pm) & (4:00–7:00pm)**

We will train you, so you feel good about being a trusted servant with Central Office helping answer the phones for the still suffering alcoholic and sale merchandise (chips, books & pamphlets)

We will be having a Bingo Night Friday 7:00pm for 2 to 3 hours in Sept. 2024 at Mary Esther Methodist Church (703 E Miracle Strip Pkwy 32569) will be in the cafeteria first floor. Come join us there is a flyer attached with more Information, come join us with games, prizes & desserts let us sample your favorite desert to share together. Should be a lot of fun, please don't miss it, this is something that the groups voted us to have so come support this event. Will need help so call for set up and clean up will need at least one more please to be part of this Ad hoc committee. We voted on a \$500.00 budget to get room (rent the church room with kitchen, supplies, books to raffle, beverages (sodas, water, tea, coffee and lemon aid) to have a lot of fun together. We will need more volunteers to help set up and clean up during this evening.



We voted to have the 12 hours of meetings at central office will need a chair for this event for New Years Eve, 12:00pm–12:00am. I hope if you are interested in the chair position and volunteers need to come to attend the August 19. 2024 meeting 6:30pm at Central Office. We will need to vote in the chair and this person will get an Ad hoc committee together to make this happen. We need to report the updates at the August, September, October, November and December meetings so we will know the status of this event. There is a \$500.00 budget and will need to order hot food or your group bring something to share during the 2-hour meeting, sodas, water, decorate office for Happy New Year, get different groups to sign up from last year's event that was held, there will be a sign-up sheet at the central office so this will go smoothly. Can have any type of meeting and have your format your group you would like there will need 6 groups to volunteer to host 2 hours for time to eat and have a meeting, the group is welcome to bring food to share during their time slot. We will have the beginners chip offered and will have a basket passed around at each meeting. It was a lot of fun last year, don't miss it this year! Your group can have open discussions, step study, big book study, tradition, concept or speaker during your 2-hour meeting up to the group. Please let the chair know so we can put in the minutes and OdaatNewsletter. Intergroup is looking forward to Hosting the October 6, 2024, Breakfast at the Am vet Post 78, 910 Valastics Ave, Valparaiso, FL 32580. Breakfast is \$8.00 if would like to be a part of this part should be available around 9:30am – 10:30am, Workshop on 2-year term for 2025–2026 officers positions, committee chairs and Intergroup responsibilities, at the end we will have time for questions. We will hand out information on the duties of all these positions and have the people who are doing these positions talk about what is like to be involved in the Intergroup and Central Office, come find out what we are all about.

Thanks for allowing us to be of service if you have any questions give us a call.

**Linda W – Chair –Cell 850-582-7704**

**Paul B – Co Chair**





## From the Desk of Dawn O- District 14 DCM

This month we begin our literature focus on elections. This is the service work that helps A.A. to function as a whole and ensures that the hand of A.A. is always there to help the still suffering alcoholic. Many groups hold their elections for Trusted Servants in the Fall so that incoming GSRs and DCMs are known by the time of the Area 1 Elections. This is so incoming officers can have time to learn their duties before assuming office on January 1. District 14 elections will be held October 7, 2024, at the District 14 Intergroup Office and on-line. The Area 1 elections will be October 19, 2024, in Birmingham, AL and on-line. Please check with your GSR or your group's Chairperson for information on when your homegroup will hold their elections.

The pamphlet "The A.A. Group...where it all begins," contains detailed information about the homegroup and various service positions within the homegroup including General Service Representative (GSR).

[https://www.aa.org/sites/default/files/literature/assets/p-16\\_theaagroup.pdf](https://www.aa.org/sites/default/files/literature/assets/p-16_theaagroup.pdf)

In the "AA Service Manual" you will find further information about the group and its GSR, The District and district service positions, and for positions at the Area Assembly. This includes information on duties and responsibilities, terms of service, and election procedures. [https://www.aa.org/sites/default/files/literature/en\\_bm-31\\_3.pdf](https://www.aa.org/sites/default/files/literature/en_bm-31_3.pdf)

### Area 1 Convention

District 14 is thrilled to be hosting the upcoming Area 1 Convention, Miracles of Love & Service, on November 1-3, 2024, at the Destin-Fort Walton Beach Convention Center, on Okaloosa Island, FL. We look forward to seeing you all there. This is your convention, and we have plenty of opportunities for you and your group members to participate. Just click the volunteer button when you register or contact me or any Convention Committee member. Get ready to experience the "Miracles of Love & Service." Register now at <https://www.arealconvention.org/>

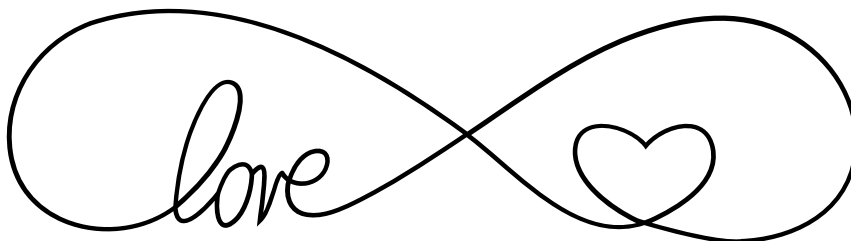
### Area Assembly

Area Assembly in July was eventful. We heard the Delegate's Report from Tomy G. and had extensive discussion about a new venue for the Assembly. The Clarion Inn in Auburn is closing so we have a new date and location for the next Area Assembly, which will be October 18-20, 2024, at the Ramada Inn, 5216 Messer Airport Hwy, Birmingham, AL.

Check out the Area 1 Literature Committee Monthly Workshop on Tuesday, August 27, 2024, at 7:00 PM. This month is "The Twelve Concepts for World Service" presented by Jimmy D., Past Delegate, Panel 59 - Area 65, NE Texas; Past Trustee; Past Director, AAWs. Zoom ID: 872 1136 8681 PW:1935.

Yours in love and service,

Dawn O.  
Dawn O., DCM, District 14  
850-320-2712





# Sobriety Birthdays



Miracle Group  
Clyde R - 8/8/94

## Third Tradition

Sarah O - 8/8/2017 - 7yrs  
Paul V - 8/26/2020 - 4yrs



## Early Risers

Byron R 8/14/94  
Brian L 8/28/98  
Greg B 8/24/01  
Jill S 8/4/20



## Rise and Shine

Anita B, 1st, 1 year  
Mike G, 5th, 16 years  
Joe S, 8th, 2 years  
Jen W, 10th, 2 years  
James H, 12th, 2 years  
Eddie N, 15th, 12 years  
Cassie R, 15th, 2 years  
Ava S, 18th, 3 years  
Colin Y, 22nd, 2 years

## Deckhands

ROBIN D // 9 AUG 1999 // 25 YEARS  
LEIGH ANNE S // 23 AUG 23 // 1 YEAR



**Experience  
Strength  
& Hope**



# Speaker Meetings

## Miracle Group

1st Tuesday of the Month  
8pm @ 165 Coral Dr SW

## Rise and Shine

1st Saturday of the Month  
8am @ 52 Beal

## Powerless

Every Saturday  
8pm @ 52 Beal

## Primary Purpose Group

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

## Weekenders

Karen C - Early Risers in Navarre  
August 18  
5:30 pm @ 333 Lewis Street Bldg 3

## Rickenbacker

Vets and Military Only  
7am @ Vet Center  
6 11th Ave Ste G-1  
Shalimar, FL 32579

## Area 1 District 14

Intergroup Breakfast  
Am Vets Post 78  
910 Valastics Ave. Valparaiso FL. 32580  
Next Breakfast: August  
Hosted By: Rise and Shine  
Speaker: Janna K  
Breakfast @ 9:30 am (\$8.00)  
SPEAKER @ 10:30am





**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**

# Events



**BINGO NIGHT**

**SEPTEMBER 20TH**

**7 PM**

**MARY ESTHER UNITED METHODIST CHURCH**

703 E. Miracle Strip Pkwy  
 Mary Esther, FL

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

**WWW.AREA1CONVENTION.ORG**

**NOVEMBER 1st - 3rd 2024**

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

**Our Partner Hotels:**

**Island**  
 Fort Walton Beach

**FOUR POINTS BY SHERATON**  
 Fort Walton Beach

**BEAL HOUSE**  
 Fort Walton Beach

**\$50**

Register Online @ **www.area1convention.org**

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

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

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

Group Host Sign-up sheet for New Years Eve Alkathon

Time-Slot	Group Name	Chair Person	Contact Information
12:00pm - 2:00pm			
2:00pm - 4:00pm			
4:00pm - 6:00pm			
6:00pm - 8:00pm			
8:00pm - 10:00pm			
10:00pm - 12:00am			

\* HIGHLY encourage a new group host each meeting.

\*Last year the following groups participated: Mossy head group  
 Serenity group, Miracle group, Young at heart group, Weekenders group, 3rd tradition group

**HAPPY NEW YEAR**  
**2025**

Come celebrate the new year  
 with food, fun, and fellowship!

**DECEMBER 31ST 12PM - 12AM**

ENJOY 6 DIFFERENT MEETINGS  
 THROUGHOUT THE EVENT.

INTERGROUP OFFICE 24 HOLLYWOOD BLVD. FT. WALTON BEACH

# Intergroup Meeting Notes

**ATTENDANCE:** In Person: 5 Zoom: 6

## COMMITTEE REPORTS



- **Secretary Report:** (Jen D) Copies of minutes, emailed and printed for review. Accepted.
- **Treasurer's Report:** (Jen G): Beginning checking balance \$10,019.39. Income \$439.65. Expenses \$1,567.37. New checking balance \$8,891.67.
- **Book Fund Report:** (Johnnie): Beginning Balance \$2,662.41. Income \$936.58. Expenses \$568.46. Balance \$3,030.53.
- **Chairperson Report:** (Linda) Open shifts: Thursdays 12-4. Fridays 4-7. Saturdays 12-7 (2 shifts). Sundays 8-7 (3 shifts). Pest control treated bed bugs and flea issues. Cost was \$155.00. (Sales tax \$10.85 will be refunded). 850-582-7704. Holiday office closures were established last January. Will be hosting breakfast Oct 6th. Workshop is 10:30am-11:30am, and would like for all Intergroup Chairs to attend. Jason will be speaking on Intergroup Reps role.
- **Co-Chair Report:** (Paul) None
- **DCM Report:** (Dawn) Area assembly will be moved from Auburn, AL to the Ramada Inn in Birmingham, AL. Area 1 Convention's Early Bird \$40 Special ends July 16th. Ticket costs go up to \$50. Merchandise link: [arealconvention.org](http://arealconvention.org). End of August-early September a report will be given.
- **AA Hotline Report:** (Rindy) Suji created a spreadsheet/log with the types of phone calls received. Will be submitting information to the ODAAT. Calls are for statistical purposes and do not violate anonymity.
- **ODAAT:** (Jen B) Linda is helping Jen B with printing ODAAT.
- **IG Breakfast Report:** (Suzi) Happy Hour hosted the last meeting. 7th Tradition \$83. \$25 went to rent and \$58 went to Intergroup. The August meeting will be hosted by the Rise n Shine group, speaking is Jana K. Still need a November host.
- **Web Servant Report:** (Jamie) Will be updating the website with current meeting info.
- **Eat & Speak Report:** (Terry) Next Eat n Speak is 12/28 and a host is needed.

**OLD BUSINESS:** BINGO will be 7pm September 20th at the Mary Esther United Methodist Church. Need MC, and other volunteers. There will be a potluck dessert, sheet cake and cupcakes as well as prizes. (books/ literature/ cash). Estimated budget \$500.00. Need volunteers. Ad-Hoc Committee Members: Steve, Emily, Rindy, Jason and 1 more person TBD.

**NEW BUSINESS:** Motion for BINGO budget of \$500 was passed. Motion to have the New Year's Eve Alcatraz with a \$500 budget was approved. 6 NEW groups are needed to host meetings. No fall picnic this year.



## GROUP REPORTS:

- **Weekenders:** Linda - Aug 18, Karen C is speaking.
- **Early Risers:** Jason - Prayers asked for Lilly P who is very ill.
- **Navarre Fellowship:** Steve - Good attendance 15-20 with 3 new members.
- **Mossy Head Group:** Johnnie - Next Eat n Speak is the last Sunday of the month. Doors open at 5pm.
- **Miracle Group:** Brad - Lonnie R from Crestview Big Book Study Group was the speaker. Averaging about 12 in attendance.

# Intergroup Treasury Report

District 14 Intergroup Treasurer Report			
June Income		June Group Contributions	
Group Contributions	447.88	Rise and Shine	108.00
Intergroup Breakfast (After Rent)	54.00	Lunch Bunch	45.00
Quarterly Eat & Speak Income	143.95	Living Sober	100.00
GSC/Dist Rent (3 months)		Early Risers	194.88
Copier Money			
Other Misc.			
Total income	645.83		
Expenses		Total*	
Flea Treatment (165.85, 26.96)	192.81		447.88
Cable TV	215.29		
Reimb. To Suji for bookmarks	29.20		
Electricity	87.17		
Eat and Speak Supplies and Food Cost	257.76		
Rent plus Autopay Fee (2.49)	724.15		
ODAAT Printing	45.00		
Zoom Monthly Fee	15.99		
Total Expenses	1,567.37		
Begining Checking Balance	10,019.39		
Income	439.65		
Expenses	1,567.37		
New Checking Balance	8,891.67		
Prudent Reserve (Savings End Bal.)	7,503.35		

LOVE



June 2024			
YTD Group Donations to Intergroup			
87 Stools & Bottles Group	-	Navarre Fellowship	
#697516	-	Niceville Group	-
An AA Group		On Awakening Group	-
Brown Baggers	-	Paypal	-
Busters		Powerless Meeting	-
Freeport Troublemakers	-	Primary Purpose Womens	
Care Group	-	Red Door Group	-
CAYA (Come As You Are)	-	Rise & Shine	108.00
Chain Gang AA Meeting	-	Rule 62 Group	-
Spanish Meeting		Sat Night Live Meeting	-
Cover to Cover Group	-	Saturday Night Serenity	-
Crestview Mon Night BB	-	Second Chance Group	-
Crestview Southside Group	-	Serenity by the Sea	-
Daily Reflections Group	-	Serenity Group (Friday night)	-
Deckhands Group	-	Shoulder 2 Shoilder	-
Dedication Group	-	Sparkle Group	
Destin Group	-	Straight Up Group	-
Destin Saturday Night Group	-	Sunday Sunrise Beach Meeting	-
Early Risers - Navarre		Sunday Sunset BB Study Group	-
Faith Group of Crestview	-	Third Tradition Group	-
Stepsisters		There is a Solution	-
Friday Night Lights	-	Thursday Night Ladies 12 & 12	
Happy Hour Group	-	Traditional Group	-
Honesty Group	-	Turning point	-
Hurlburt Field, Chapel Group	-	UBU Meeting	-
Jaywalkers	-	Unity Group	-
Ladies Friday Night Group (Candlelight)	-	Val-p Home AA Group 161944	-
Lakeview Group	-	Wed. Women in Recovery Group	-
Lakeard Awakenings Meeting	-	Weekenders Group	
Living Sober Group (Candlelight Group)	100.00	Women's Meeting	-
Monday Night Big Book	-	Primary Purpose	-
Men's Group	-	Lunch Bunch	45.00
Miracle Group		Women's Sunshine Sisters Meeting	-
Mossy Head Community Group		Young at Heart	-
		Totals	447.88