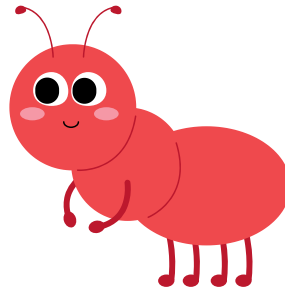


July 2023

## Area 1 District 14 Newsletter

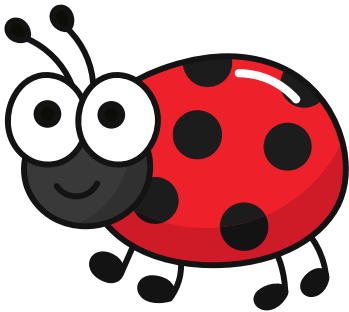
### 7th Tradition

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



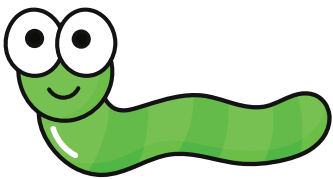
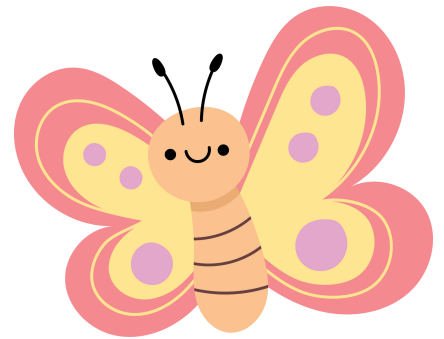
### 7th Step

Humbly asked Him to remove our shortcomings.



### 7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do Your bidding.



### IN THIS ISSUE:

Step / Tradition / Concept / Prayer

7th Spiritual Principle

From the Editor

Laughing Out Loud / Heard in a Meeting

From the Desk of: Intergroup Chair-Co-Chair

From the Desk of: DCM Chair

Sobriety Birthdays

Speaker Meetings

Events

Intergroup Minutes

District Minutes / Budget

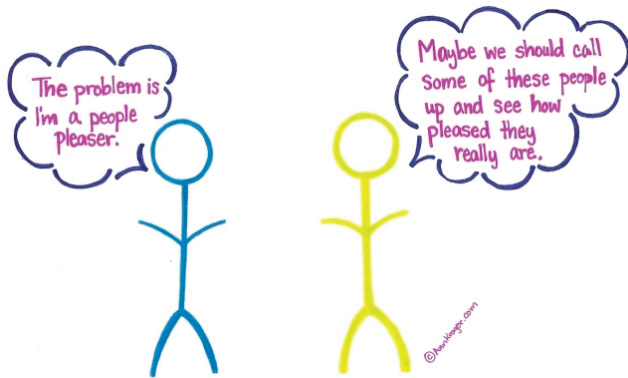


### 7th Concept

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous.

# The Spiritual Principle of step 7 is Humility:

In step 7, we ask for a Greater Power to remove our worst shortcomings. This undertaking requires humility on two levels. First, to recognize our failings. Second, to admit we cannot remedy them with spiritual help.



## Humility



### Humility is:

Perpetual quietness of heart.

It is to have no trouble.

It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me.

It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and pray to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.



— from a plaque on Dr. Bob's desk written by Andrew Murray



**“The attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all.”**



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



## From The Editor

June was full of many ups and downs for this alcoholic. The rollercoaster of emotions had me seeking the spiritual tools harder than ever. I am so grateful for AA and the 12 Steps because without it I would surely have burned down yet another life like so many times before. The gift of Humility amongst so many other Principles I had never known nor applied to my life have given me freedom to be human and to be true to myself without hurting others. I am able to be vulnerable today and allow others to be as well without my judgement raining down on them. I love that today I know that I am not God, that I can live and let live, and that I can give without expectations. My life since AA has meaning and purpose for the first time and for that I am so very Grateful. God brought me to AA and the Fellowship of AA brought me to God.

Thank you for my sobriety,  
Jennifer B  
850-240-9916



**"TRUST GOD, CLEAN HOUSE, HELP OTHERS"**

Next District Meeting:  
2nd Monday of the month  
@6:30 PM  
Central Office  
and on Zoom  
www.zoom.us  
ID: 8217 546 8660  
Password: district

Is your group represented?  
Get involved and become "part of.!"



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

**TO SUBMIT ARTICLES, STORIES, BIRTHDAYS, ANNOUNCEMENTS, ETC..  
EMAIL : DISTRICT14ODAAAT@GMAIL.COM  
SUBMIT THE LAST WEDNESDAY OF THE MONTH BEFORE THE 1ST**



# Laughing Out Loud



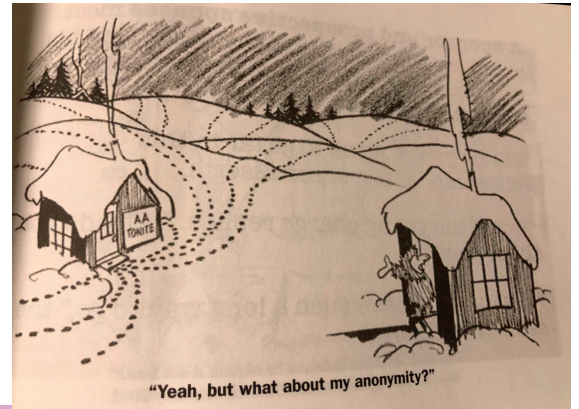
This is supposed to be comfortable?



Resting on one's laurels

Do you ever get drunk?

- Yes  
 No



# Heard in a meeting.....

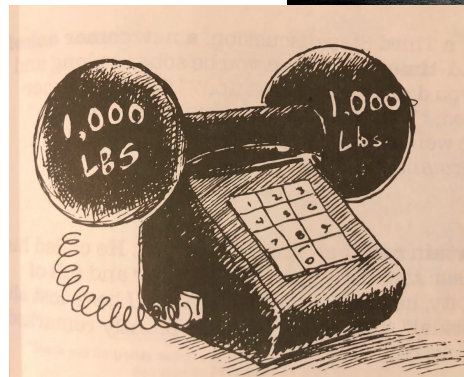
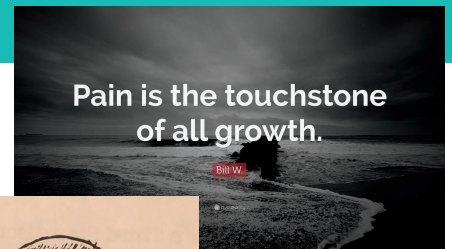


Indecision with the passing of time becomes decision.

-Bill Wilson

## THE "ARE YOU AN ALCOHOLIC?" QUIZ, IF THEY ALLOWED ME TO WRITE IT

- 1 DO YOU THINK IT'S CRAZY WHEN PEOPLE DON'T FINISH THEIR DRINK?
- 2 HAVE YOU EVER DRANK UNTIL YOU VOMITED, AND THEN DRANK SOME MORE?
- 3 DO YOU OFTEN FIND YOURSELF SAYING, "OH WELL. F\*\*K IT."?
- 4 DO YOU THINK YOU JUST HAVE SUPER TERRIBLE LUCK?
- 5 ARE THE INSURANCE AND REGISTRATION STICKERS EXPIRED ON YOUR CAR?
- 6 HAVE YOU EVER NOT HAD THE MONEY FOR RENT/ELECTRICITY, BUT WENT OUT DRINKIN' ANYWAYS?
- 7 HAVE YOU EVER SAID THE STATEMENT, "NO, I'M NOT AN ALCOHOLIC"?
- 8 HAVE YOU EVER SAID THE STATEMENT, "YES, I'M AN ALCOHOLIC"?
- 9 HAVE YOU EVER ACTED AS IF YOU WERE HAVING A PARTY TO THE MAN BEHIND THE COUNTER AT THE LIQUOR STORE, IN ORDER TO JUSTIFY THE AMOUNT OF ALCOHOL YOU ARE BUYING?
- 10 HAVE YOU EVER LOST A SHOE?
- 11 HAS YOUR CELLIE EVER TOLD YOU THAT YOU MIGHT HAVE A DRINKING PROBLEM?
- 12 HAVE YOU EVER WOKEN UP NEXT TO SOMEONE AND WONDERED WHAT HIS/HER NAME IS?







06/26/23

We are reaching out to all our groups to see if you all would be interested in a Dinner/Dance evening and a Picnic/Workshop on understanding what is intergroup and help everyone understand how important it is to have an intergroup representation, we discussed this in our last meeting, we need your input. We want the best we can be as intergroup representation and need your input for the next meeting July 19, 2023, 6:30pm Central Office. We will also be voting on the prices for Cable, Internet, and Phone service to go with Cox or another company. It would be helpful if the trusted servants who answer the phones, working 4-hour shifts attend this meeting on July 19, 2023 to discuss the cable service and vote with the other voting members.

I appreciate all the Officers, Chairs, Trusted servants, and Intergroup Reps, we could not do this without you. We still have 4 shifts open Wednesday, Friday, Saturday, and Sunday night (4:00pm - 8:00pm). Make sure you call before you come to the office to make sure someone is in the office to help with supplies (books, chips, pamphlets' etc.). It is preferred that you bring cash to pay for purchases at central office, sometimes our charge machine can take a while to connect, and we want to provide the fastest service possible for our members. We appreciate your help on these issues.

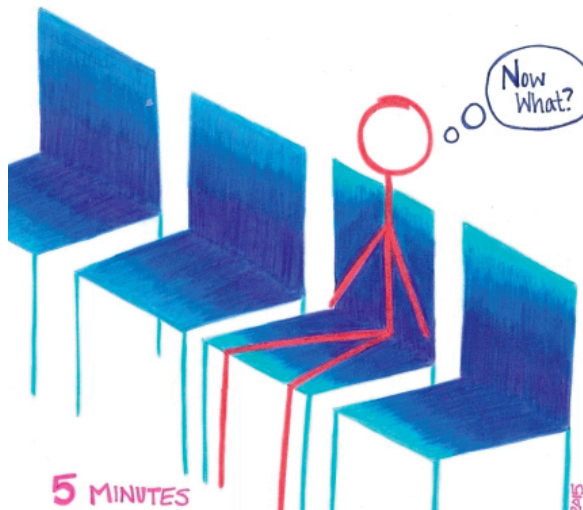
We have a new Intergroup Breakfast Chair Suzie B - Mossy Head Home group. We appreciate all your service, and this is who will call for interested groups to host the Intergroup Breakfast that we have 1st Sunday of each month held at Am Vet 78 Valparaiso, FL. She will be calling the groups if they are going to host 2023 or 2024 year, she will need the name of the speaker and if your group is handling making a flyer up or if Suzie (Chair) is going to handle it. We need a copy of the flyer for central office and to go in the Intergroup Newsletter. We appreciate each group who host the intergroup breakfast, we couldn't do this without each of your groups being of service for intergroup.

If you have any questions give me a call at 850-582-7704, it is a honor to be of service.

Thanks

Linda Westcott (Chair)

Paul Bond (Co-Chair)



**Greetings District 14! Dawn O. here with July's District News.**



**NOTICE: This month's District 14 GSR meeting will be held on Monday, July 10th at 6:30 PM instead of the regularly scheduled July 3, due to the Holiday and that ever present outside issue - TRAFFIC!**

**We had a wonderful time with our Area 1 Panel 73 Delegate, Tomy G., who joined us and District 15 on June 25th to deliver his report from the 2023 General Service Conference (GSC). Special thanks to all the groups who helped with putting on this event: Friday Night Lights, An AA Group, Tuesday Night Men's, Primary Purpose Women's, Brown Baggers, and Primary Purpose II. We had a great turnout with approximately 75 Members in attendance. Thanks also to all the members who contributed tasty snacks!**

**Tomy's presentation was very informative. Tomy frankly discussed the issue of the resignation of the Chair of the Board of the Trustees. He focused on the next steps to move forward with consideration to avoid future problems such as this unprecedented chair resignation. We learned about the GSO Budget including the effects of rising costs, and the impact of the paper shortage. There was an update on the progress of the new tool, the plain language big book and a review of the Committee Recommendations as well as the Floor Actions. Your GSR will receive a copy of the summary at our July 10th meeting. We do apologize to those of you who tried to join us on-line. We had technical difficulties and could not provide the Zoom link. If you would like to see the Delegate's report, Tomy will be presenting at 2:45 PM on Saturday July 8th at Area Assembly (see below).**

**FROM AREA 1:**

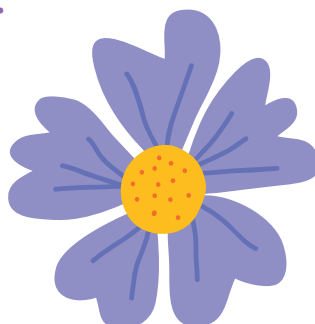
**Area Assembly will be held July 7-9, 2023, at the Clarion Inn & Suites (334-821-7001) in Auburn, AL. Zoom ID: 629 006 1411, PW:1935. To obtain a copy of the agenda go to [www.aaarea1.org](http://www.aaarea1.org) and select [Area 1 Members], go to "Request AA Area 1 documents and collateral..." and select [Download the Summer 2023 Assembly Agenda]**

**Check out the Area 1 Literature Committee Monthly Workshop on July 25, 2023, at 7:00 PM. This month's workshop: "Finding Traditions in all our Literature" will be presented by Craig W. from Sandy Hook. Zoom ID: 629 006 1411, PW:1935.**

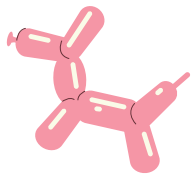
**FROM GSO**

**Did you know that the AA Grapevine offers a weekly podcast? Search your podcast provider for the AA Grapevine's Podcast. Also, the Grapevine and La Via have Instagram accounts! To follow on Instagram, use these addresses: @alcoholicsanonymous\_gv for Grapevine and @alcoholicosanonimos\_lv for La Via.**

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







# Sobriety Birthdays

## Miracle Group

Brad A- July 1- 15yrs

Michael M- July 7- 3yrs

## Deckhands

JOEL P/3 JUL 2021/2 YEARS

JEFF H/3 JUL 2021/2 YEARS

KEVIN W/8 JUL 2002/21 YEARS

LEE B/17 JUL 2021/2 YEARS

RUSS W/20 JUL 2022/1 YEAR

CHRISTI M/23 JUL 2020/3 YEARS

JIM D/31 JUL 2015/8 YEARS



## Mossyhead

Suzi B - July 24 - 26 yrs



## Rise and Shine

Billy E. 3 years

Peggy B. 7 years

Jim C. 2 years

## Happy Hour Group

Don(Still Don) D 1987 36 Years

Sashi E. 2022.1 Year

## Early Risers

Gregg: 7-5-85

In Loving Memory: Max T, passed away 7-7-23 sobriety date 5-3-15

Second Wednesday of the month Eating Meeting @ 5:30pm St Augustine Episcopal Church

What it was like, what happened, and what it is like now.

Experience  
Strength  
& Hope

# Speakers

Miracle Group  
July 4th - Leah W - Unity Group

Rise and Shine  
July 1st - Alex C - Rise and Shine

Weekenders  
July 16- Chuck W - Panama City

Powerless  
July 1st - Bill J - Deckhands  
July 8th - Virginia S - Pensacola  
July 15th - Jennifer B - Miracle Group  
July 22nd - Chatham - Destin Group  
July 29th - Chris B - Miracle Group



"And on my third day of sobriety...."



## Area 1 District 14

Intergroup Breakfast /FUNDRAISER

Am Vets Post 78

910 Valastics Ave. Valparaiso FL. 32580

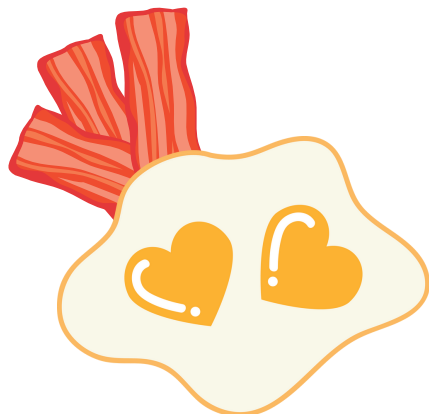
Next Breakfast: July 2nd

Hosted By: Miracle Group

Speaker: Suzie B / Community Group

Breakfast @ 9:30am \$8.00

SPEAKER @ 10:30am



# Events



**ATLANTA SERVICE 46 RECOVERY ROUNDUP**

**JOIN US...  
JULY  
20-23  
2023**

**NEW LOCATION**  
SONESTA GWINNETT PLACE  
1775 PLEASANT HILL ROAD  
DULUTH, GA 30096

**LYLE P.**  
Stockbridge, GA

**SAMUEL S.**  
Williamsport, PA

**AMANDA B.**  
Montgomery, AL

**ANGIE B. (AL-ANON)**  
Destin, FL

**CATHY S.**  
Stone Mountain, GA

**STEVE L.**  
Redondo Beach, CA

TO REGISTER & GET MORE INFO SCAN HERE!

VISIT THE WEBSITE AT [WWW.ATLANTAROUNDUP.COM](http://WWW.ATLANTAROUNDUP.COM)

**SOBERCRUISES.NET**

**NORTH TO ALASKA CRUISE 2023**

**August 15th—22nd, 2023**

**7 Days of Food, Fun & Fellowship**

**Aboard**

**Carnival Spirit**

| Day | Port of Call          | Arrival Time | Depart Time |
|-----|-----------------------|--------------|-------------|
| Tue | Seattle               |              | 04:00 PM    |
| Wed | Port Of Al Sea        |              |             |
| Thu | Cruise Itzay Alm Hjar |              |             |
| Fri | Skagway               | 07:00 AM     | 08:00 PM    |
| Sat | Juneau                | 07:00 AM     | 03:00 PM    |
| Sun | Ketchikan             | 07:00 AM     | 01:00 PM    |
| Mon | Victoria              | 08:00 PM     | 11:59 PM    |
| Tue | Seattle               | 07:00 AM     |             |

**Prices Starting At \$1120**

**Per Person, Double Occupancy**

**Gratuities and Trip Insurance at Additional Charge**

For More Information Contact  
Brett S. 802-402-7329  
FLC Travel Group LLC  
flctravelgroup@gmail.com

CELEBRATE  
FREEDOM  
AT

# MOSSYHEAD

GROUP

**EATING AND SPEAKER MEETING  
JULY 30, 2023**

**DOORS OPEN FELLOWSHIP 5PM**

**FOOD STAMPEDE 530P**

**SPEAKER 600P**  
featuring Princess Suzie B.

50/50 RAFFLE 710P

BRING POTS FOR SOTS

CELEBRATE  
FREEDOM TO  
AND  
FREEDOM FROM



THIS IS AN EXPERIENCE THAT YOU MUST NOT MISS!

## Meeting in Paradise

**NOVEMBER 10<sup>TH</sup>-12<sup>TH</sup> 2023**

### Sober Destination Vacation

**Caye Caulker Belize**

WE ARE BACK! It's taken us 3 years, but we are excited to announce the first ever international AA fellowship conference in Caye Caulker Belize. We will be hosting this event and all activities at the beautiful Ritz Zamar hotel. Check out here: [www.ritzzamar.com](http://www.ritzzamar.com). We have a limited amount of time to get the rooms booked so please grab your trip early. Each condo at the Ritz is at least a 2 bed/2 bath to help reduce your overhead. We have booked out the rooms already and will have a call of you to see if booking on our Belize tour call. We are looking forward to hosting you and giving you a view of the world work our Belizean friends have done over the last 60+ years to carry the message of AA to the country. Please make sure you are here to attend the 5:00pm Traditions meeting on Friday night to meet and hear from those who got started in Belize. See you in November!

**Inaugural Meeting in Paradise Guest Speakers**

- Wayne B. California
- James J. Oregon
- Paula P. Illinois
- Sharon C. California

**Meeting in Paradise Experiences**

- Special Trip to Isla Chet Chum Bay Alley on Saturday
- Speakers on Friday, Saturday & Sunday
- Traditional Belizean Beach Dinner Saturday
- Meetings begin @ 2pm on Friday & end on Sunday at 12pm
- Special Meeting in Paradise to your personal vacation
- Special Meeting in Paradise to your personal vacation

Check [www.meetinginparadise.com](http://www.meetinginparadise.com) for pricing, registration and updated information.

None Y in US & CAN  
**+5016150777**  
Email: [info@meetinginparadise.com](mailto:info@meetinginparadise.com)

**REGISTER NOW AT**

[www.meetinginparadise.com](http://www.meetinginparadise.com)

International Soul N  
**+5016271585**  
Email: [bellewag@gmail.com](mailto:bellewag@gmail.com)

**22st Annual Halloween**

# GRATITUDE CRUISE

**Wonder of the Seas**

**BY ROYAL CARIBBEAN**

EXCLUSIVELY FOR GRATITUDE CRUISE GUESTS, MALE & FEMALE

*More food than you can eat, more coffee, local tea & lemonade than you drink included, plus nightly shows!*

**BEST NEW SHIP**  
WONDER OF THE SEAS  
2023 Travel Weekly Reader's Choice Award

**12 Step Meetings, Keynote Speakers:**  
Chip B. & Alanon Angie B.

**PRIVATE COSTUME CONTEST:**  
2023 THEME : YOUR CHOICE OR A SONG!  
Prizes to be given to the top 3 judges  
**SOBER SCAVENGER HUNT Nov. 3!**

| Date         | Port                            | Arrive  | Depart  |
|--------------|---------------------------------|---------|---------|
| Sat, Oct 28  | Oatlands, (Port Cansera) FL     |         | 4:00 pm |
| Mon, Oct 29  | Perfect Day at CocoCay, Bahamas | 7:00 am | 4:00 pm |
| Tue, Oct 31  | Cooking                         |         |         |
| Wed, Nov 1   | Charlotte Amalie, St. Thomas    | 1:00 pm | 6:00 pm |
| Thurs, Nov 2 | Philipsburg, St. Maarten        | 5:00 am | 6:00 pm |
| Fri, Nov 3   | Cooking                         |         |         |
| Sat, Nov 4   | Cooking                         |         |         |
| Sun, Nov 5   | Oatlands, (Port Cansera), FL    | 6:00 am |         |

Where they live... 3200+ recovery centers, double occupancy 300 work...  
AOL \$119.45 to cover...  
Friday: 11:15-12:15  
OH Occasions: 11:15-12:15  
18:00-19:15

REGISTRATION: The largest ship in the world has 7 midshipbunks, 10 pools plus adult one by the beach, 10 whirlpools, Flow Rider surfing machines, Rock Climbing Walls, Casino Royale, 20 dining options, Abyss Slide, Water Slides, Ice Shows, Vegas & Broadway Nightly Full Production, Vitality Spa, Fitness Center, Mini golf courses, full sized basketball court and more on this 236,857 ton ship, the largest #100key venue

[www.sobercelebrations.com](http://www.sobercelebrations.com), [fellowshipvacations.com](http://fellowshipvacations.com) since 2001

## 6TH ANNUAL KEYS FOR SERENITY

**September 22-24, 2023**

*Join us for Food, Fun and Fellowship!*

**DOUBLETREE RESORT KEY WEST**

Our Speakers will be:

- Katie P. Texas
- Charlie P. Texas
- Beth H. Florida
- Chuck H. Florida

**Guest Speakers**

**Workshops**

**AA / Panel meetings**

**Al-anon participation**

**Saturday Night Banquet And Fun Local Entertainment**

**MOTEL INFO:**  
DOUBLETREE HOTEL KEY WEST FLORIDA

Call DoubleTree Free for reservations at 1-800-293-1313  
Be sure to say you are with "Keys for Serenity" for special rates!

Visit [keysforserenity.com](http://keysforserenity.com) TO RESERVE ONLINE!

Registration Fee: \$50 (required)  
Saturday Night Banquet: \$50 (optional)

Register online at [keysforserenity.com](http://keysforserenity.com).



# INTERGROUP COMMITTEE MEETING



In God's economy,  
nothing is wasted.  
Through failure, we learn  
a lesson in humility which  
is probably needed,  
painful though it is.

Bill W

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

**ATTENDANCE:** Zoom 3 / 16 in person

## COMMITTEE REPORTS

- **Secretary Report:** Read & Accepted
- **Treasurer's Report:** (Jen G): Spreadsheet distributed. Total Income: \$2,721.99 / Expenses: \$1,372.48 / Beginning Checking Balance: #17,037.87 / Income: \$2,721.99 / Expenses: \$1,372.48 / New Checking Balance: \$18,387.38 / Prudent Reserve: \$1,816.92 / Group Contributions: \$2,328.99 /
- **Book Fund Report:** (Johnnie): Report Distributed. Beginning Balance as of 05.16.23: \$5,247.77 / Income: \$630.38 / Expenses: \$948.23 / Current Balance: \$4,929.92. It was requested to send advance notice for any bulk orders. When possible, in-house books should be used prior to ordering new ones.
- **Chairperson Report:** (Linda): We got a new trusted servant for Sunday morning shift 8:00am-12:00pm. Still have shifts open for Wednesday, Friday, Saturday, and Sunday evening 4:00pm-8:00pm. Please announce in all meetings you attend. Thank you to Paul for handling things while out of town. We have added two more people to our list of fill in people for shifts. Thanks to everybody for all you do for intergroup.

There is someone interested in the Breakfast Chair position and will be discussed in new business.

Cathy Legg will check on tax exempt status and will update at the end of the week. A survey about whether or not to keep cable in the intergroup office was conducted with those who currently volunteer. The consensus was to keep the cable with up to 70 channels. This will come up for vote in July, and it is recommended to take into consideration the survey results, and perhaps volunteer to get a feel for what it's like during the 4 hour shift (especially the evening). Cable cost quotes will be provided at the July meeting.

- **Co-Chair Report:** (Paul B): All good
- **DCM Report:** (Brad A): 30 groups represented @ district. All committee service positions covered. First Monday of the month at 6:30PM. (Meeting in July has been moved to July 10th) Area 07.7-07.09 in Auburn. Corrections hosting workshop 11.18 12-3PM at ALANO Club.
- **AA Hotline Report:** (Rindy): Good month. Recognized Carlos O with Rise and Shine group. He has volunteered to cover the day shifts for Tue-Thur. Suji and Rindy will get together.
- **ODAA:** (Jen B): Would love for "fun stuff" to be submitted. (Birthday's, stories, group announcements etc). 50 copies have been distributed.
- **Web Servant Report:** (Emily): 438 visitors. 83% new, 17% returning. 72% accessed via smartphone, 27% from desktop and 1% tablet.
- **IG Breakfast Report:** (Paul B): New group will be making breakfast. (Dan will speak with the Happy Hour group for August) 28 people came and \$48 was collected. (\$23 paid to AMVETS, and rest to the box). Next breakfast is 07.02 hosted by Miracle Group with Suzi as speaker.
- **Eat & Speak Report:** (Terry): Fried chicken dinner starts at 5:30PM and the speaker starts at 6:30PM. (ALANON and then AA speaker).

**OLD BUSINESS:** Tax Exempt is currently being worked on.

**NEW BUSINESS:** Suzi was unanimously voted as Intergroup breakfast chair. Motion was made for a new training workshop. It was decided to get feedback from the groups before voting. Terry S made a motion for a "Gratitude Ball" A free dinner/ dance event. Motion was tabled and Terry S will be researching.

# INTERGROUP COMMITTEE MEETING



## GROUP REPORTS:

**Happy Hour:** (Dan) July Birthdays – Don(Still Don) 1987 36 / Years Sashi E. 2022. 1 Year. We meet Monday thru Friday 5:30 – 6:30 Open meeting at 52 Beal The Alamo Club. 30th anniversary celebration 5–7 June 30th.

**Rise n Shine:** (Colin) 8AM 7 days of week Jana 9 years David B 1 year plus one more

**Primary Purpose:** (Emily) Thur and Sat 7:00 @ Mary Esther United Methodist Church– sometimes meets outside (Please bring chair). (Thursdays are step meetings. First Thursday of the month is traditions) Saturdays are two speaker meetings. 10–15 people in attendance.

**Mossy Head:** (Johnnie) Wednesdays @7 Sunday @ 6 Last Sunday of the month is Eat n Speak. 5:30 is eat and 6:30 is speaker. Johnnie has a birthday this month 16 years.

**Straight up Group:** (Dan) – Meets Mon, Wed, Fri @52 Beal. 20–25 in attendance

**Jaywalkers:** (Jasmine) Meets Sat and Sun 10–11. Saturday is book meeting and Sunday is 12 and 12 study. Birthdays David B 1 year.

**Miracle Group:** (Brad A) Meets Tuesday at 8PM @ St Mary's Live Parish. Speaker meeting on the first Tuesday of the month. Jessie H 1 year.

**Unwind your Mind:** (Paul) Eat and Speak was 06.24. Meets Wednesdays at 7PM behind Grace Church.

**Early Risers:** (Jason) Meets Monday – Saturday at 7AM. Extra Credit is Wednesdays. 2nd Tuesdays are eating meetings.

**Sundays meet at Sea Turtle Pavillion in Navarre Beach. Monday's are ladies night at 6PM. Mondays: Grapevine study Tue, Thur Sat: Open discussion Wednesday's Big Book. Great attendance of 20–40 people.**

**Weekenders:** (Linda) Meets Sundays 5:30–6:30PM at the Wellness Center on Lewis St. Birthdays Linda 36 years, Christie 17 years. July 16 Chuck W from Panama City will be speaking.

**Meeting Adjourned at 7:30PM**





# DISTRICT 14 COMMITTEE MEETING SECRETARY REPORT



**CONFIDENTIAL— FOR AA USE ONLY, LAST NAMES MAY BE USED**

**AREA 1 DISTRICT 14 GSR MEETING with SERVICE COMMITTEE REPORTS**

**Date: June 05, 2023**

**District 14 GSR Officers Present**

**DCM: Dawn O. (online and in person) Alt. DCM: Brad A. Treasurer: Lisa F. Secretary: Scott C.**

**SERVICE COMMITTEE CHAIRS PRESENT**

**Archives: Lotte N. Corrections: Tod W. (online) Grapevine: Diana C. (online) Literature: Suzie B.**

**PI/CPC: Patrick McD Treatment: CJ Technology: Savage (online) Intergroup: Linda A.**

**MEETING**

The meeting was opened with a moment of silence followed by the "Serenity" prayer. The step, tradition, and concept corresponding with the month was read. The Declaration of Unity was recited. Total attendance 27. 23 in person. 4 virtually.

**DISTRICT 14 OFFICERS REPORTS**

**Secretary: Scott C. read the abbreviated and amended minutes from May. Karen motioned to accept Susan seconded. The Secretary's report was accepted.**

**Treasurer: Lisa F. reports April amounts as follows: Opening Balance: \$9617.30 Income: \$528 Expenses: \$16 Ending Balance: \$9617.30 Prudent Reserve \$1515.88 Mike motioned to accept; Patrick seconded. The treasurer report was accepted. Report was sent out prior to the District meeting. (in email)**

**DCM: Dawn O.**

Thanks everyone regarding support and messages, her husband had a stroke but is doing well. Thanks to everyone who filled in. This month's literature from the Grapevine is 70 years of the 12&12; with the long form of the tradition at the end of the tradition. It came about as AA Came of Age. Still looking for Group information and their reps to all the committees. Trying to get it compiled and back to the Service Chairs. We will send a copy out with the minutes.

District will hold the AMVETS breakfast with a workshop December 3rd.

Dawn submitted an article to ODAAT re: the delegates report. Also set up a meeting with District 15 and Tommy G (Area Delegate). See ODAAT article. Will be held at Christ the King Episcopal Church on the 25th of June in Santa Rosa Beach. Tommy will give the report on the General Service Conference and the results of the pre-conference items. Need groups to help support (refreshments and cleanup). Friday night lights has volunteered to do set up at 1:30pm. The meeting starts at 2pm. Women's Primary Purpose, Primary Purpose, and Miracle Group will support.

Area monthly literature workshop is Tue June 27th at 7pm on Problems other than Alcohol 6290061411 password: 1935

Next Area Assembly is Jul 7th-9th , 2023

GSO report is out and get it from AA.org under "Inside AA" and What's New.

The intergroup address is Suite 3, not Suite 7.

# DISTRICT 14 COMMITTEE MEETING SECRETARY REPORT



**Alt. DCM: Brad A. gave the ADCM report.**

**It is my honor and pleasure to represent District 14 and report the following:**

**District 14:**

**I have been attending meetings encouraging group involvement at the District level. Two notable meetings were the Friday Night Lights Group where we celebrated our DCM Dawn O's 27th anniversary along with three other group members and the Lakeview Group where I was honored to share my story. I continue to work on the clarification of the Area, District, and Intergroup Group Rosters. I have submitted the District minutes for the years I served as secretary (2019 through 2022) to our current District secretary and Archives chairperson. I attended the Intergroup Committee meeting. A short summary of their report follows. I also attended the Treatment & Accessibilities workshop on May 6th. Discussion included treatment facilities, PI/CPC, accessibility, and "bridging the gap". Thank you to the Treatment committee for hosting and Sandi B. our Area I Treatment Committee chairperson. I am hosting the Powerless Meeting in the month of June. Saturday night @8pm. Thank you to Jerome F. (Faith Group) for his message of hope and recovery this past Saturday. The remaining speakers are Sandy C. (Deckhands), Scott C. (Young @ Heart), and Grady D. (Destin Group)**

**Area: Next Area is July 7-9th**

**Intergroup report:**

**Treasurer's Report: Jennifer G. Beginning balance \$17,893.80. Income \$372.17. Expenses \$1,227.30. New balance is \$ 17,038.67. Prudent Reserve \$1,816.92.**

**Book Fund: John M. Beginning balance \$5,050.76. Income \$593.60. Expenses \$401.59. New balance \$5,247.77. A \$5 correction was made to the ending balance of April's report.**

**Chair: Linda W. Asking groups for IG representation. Open shifts: Tues., Wed., Fri., & Sat. 4-8p, Sun. 8-12p, 4-8p. 2022 taxes reported complete, however final payment is still due. See New Business. Quotes for GL insurance policy, Internet/Cable/WiFi service presented. See attached. A vote regarding the cable, etc. will be held at the July meeting. Need Breakfast chairperson, there is no longer an interim chairperson.**

**DCM: Dawn O. The July District meeting date has been moved to July 10th. The next District Meeting is June 5th. The next Area is July 7-9th. Corrections is hosting a Workshop on November 18th, 12-3 at the Alano Club. District will pay for 1/2 of Zoom on a quarterly basis Old Business: Need IG Breakfast chair.**

**New Business: Need IG Breakfast chair. IG owes Federal and State fees in the amount of \$275 and \$350, respectively. Motion to pay. Passed. General Liability Insurance is quoted at an annual rate of \$630. The current policy is set to be renewed on May 18 th . Motion to accept and pay new quoted insurance. Passed. Discussion regarding the internet, cable, and TV contract was discussed. Questioning the need for different services and the associated costs. Discuss with groups. Tabled.**

# DISTRICT 14 COMMITTEE MEETING SECRETARY REPORT



## SERVICE COMMITTEE REPORTS

**ARCHIVES:** Lotte (chairperson). Not present, no report

**CORRECTIONS:** Tod (Chairperson online). Read the minutes; highlights as follows: 7 attended the monthly meeting. Received a backup co-chair while Tod is out of town. Asking questions re: PI/CPC and Corrections for the single point of contact for facilities. Big Books at OCJ can only be in the meetings, can't keep them. Still trying to get into Drug Court, next meeting is June 20th at Central Office.

**GRAPEVINE:** Diana C. from the web; Scott Gave the report; meeting with the group members. Meetings are on the third Saturday of the month at 11 and will meet with more members.

**LITERATURE:** Suzie B. (Chairperson); Still working on the July 15th at 2:00pm they are making a literature display. The district is supplying the material; the group does need to buy their literature from the Book Fund. Send your group rep; there will be refreshments.

**PI/CPC:** Patrick McD. (Chairperson) Still intend to distribute used Grapevines. Patrick intends to get a PSA on television via GSO. The Friary is being taken over by another treatment facility and Patrick McD is working with the new one and will pass this along to the Treatment Committee. There will be two of them there. Patrick went to the Walton County Prison gratitude dinner and met with Chaplain and Co-warden. Leaving it with Corrections, they're doing a great job. Jamie F. started a meeting in Qatar. Susan is meeting with HR and risk management staff with the Education system over the summer break.

**TREATMENT:** CJ (Co-chairperson) Meets 2nd Saturday every other month, June 10th at 10am is the next one. Held the Treatment Committee Workshop. Had great attendance. CJ would like next years to have more bang for the buck regarding answers to questions. Spent \$654 and the budget was \$615. People are interested! Lots of good service.

**TECHNOLOGY:** Savage (Chairperson - online) Sent out a document May 25th with updates to zoom account and committee meetings. Can be hosted and opened remotely. There's a host key in the document. There are now 2 people on the committee, contact Savage if you want more.

**INTERGROUP:** Linda (Co-chairperson)

Open shifts W F Sa Sun; 4-8; if no one takes this shift they'll have to close. Call first before coming in. Paid liability insurance. Will decide cable internet etc. next month. Need a breakfast chair; come to June 19th meeting. Linda W and Paul B will handle it until someone steps up. If someone can't make their shift call Paul B. 850-240-0416 while Linda is out of town 7-16 June 23. Minimum Sobriety for Trusted Servant is 1 year. The Intergroup will not stop; it will continue. There is an Eat and Speak on 24 June at 1st Presbyterian Church in FWB. Unwind Your Mind is hosting. Please bring a covered dish.

**AD HOC Area 1 Convention Committee:** Terry S (chairperson) - Not present, no report.

## OLD BUSINESS

None

## NEW BUSINESS

Dawn O has a motion for \$150 for rent and refreshments for the Delegates Report; District 15 will split the cost; so this is likely quite high. The Church will be \$25 for District 14.

Allen B makes the motion and Suzie B. seconded. No discussion, unanimously supported.

Tod W. makes a motion for the budget \$600 for the November corrections workshop.

Suzie states that corrections has \$1000 budget. Tod confirms that the big book cost should come down. Tod withdraws motion and will use budget and will re-do the motion if required in November.

Scott C. motioned for \$39 increase to Tradition Committee to cover their workshop; Tod W. Seconded; no discussion, unanimously supported.



# DISTRICT 14 COMMITTEE MEETING SECRETARY REPORT



## GSR REPORTS

**Beautiful Downtown Baker:** Ron (GSR): No report

**Brownbaggers:** Savage (member at large): had 5 birthdays in May. Donated \$200 to District in April.

**Early Risers:** Karen (GSR) Nothing new regarding meetings, second wed of every month is an eating meeting and a 6pm Monday night meetings for women. 6 birthdays, Sandy, Michael, Christine, Mary Beth, Marty, and Adam for a total 134 years of sobriety. Average 23 people on regular meetings. Women's meeting has about 6 people.

**Faith Group:** Henry (GSR): Meets Wed, Fri, Sun 1 Birthday, Sherry B with 22 years.

**Friday Night Lights:** John (GSR) 1 birthday, Kathy N. with 14 years. Friday at 7pm with 20ish in attendance.

**Happy Hour:** Kathy (GSR) Meet M-F; 4 birthdays, Kelly, Monica, Peter B. and Sugi G. On 30th of June will be 30 years of Happy Hour, will have food and cake and a two hour even 5-7pm.

**Jaywalkers:** David (GSR) Big Book Saturday, 12 & 12 Sunday; Average attendance 25-30 no birthdays in June, David 1 year.

**Lakeview:** James (GSR) Changed format for step study, tradition study, and a speaker on the last Thursday; always might have cake. 5-10 usually.

**Miracle Group:** Michael (GSR): 9 active members; 1st Tuesday speaker, this month is Chuck H.; average attendance 15-30 people, Jessie H. with 1 year. Hosting intergroup breakfast on July 2d with Suzie B speaking.

**Mossy Head Community Group:** Mary Beth (GSR): Johnie C. and Chris R birthdays June 25th birthday and potluck at 5 pm.

**Primary Purpose II:** Susan (GSR) Saturday meetings still outside, bring your own chair if you can.

Speaking Saturday is Jen, and Bob and it's Founders Day; they will have cake on the 10th.

**Primary Purpose Women's Group:** Ashley L (GSR) Avg 12 people; last Tuesday is birthday. None this month.

**Straight Up Group:** Allen (GSR) Doing good, not a lot more to say, 20ish in attendance.

**Third Tradition:** Linda (member at large) M,W 8pm 12/12 and BB; 15-20; had groups 29th anniversary last month.

**Traditional Group:** Chad (GSR) Wed 7pm Open Discussion Fri 7pm Big Book;

**Tuesday Night Men's Meeting:** Michael (GSR) No report

**Unity:** Brian (GSR): Tu, Th at Noon, Sun 8pm avg 25 people; 1-2 new people very often. Judd E celebrating 5 years. Rainbow cake at the end of the month.

**Weekenders:** Linda (Alt GSR); Sunday 5:30; June 18th Ken from Young at Heart Speaking; Linda with 36 years; Christy W 17 years.

**Young Peoples Group:** Blake (GSR): Meet Thursday night at Grace Baptist 7pm; 12 people each meeting, good discussions. 2 birthdays; Blake and Shelby both have 2 years. Celebrate as they occur. Trying to meet outdoors as much as they can; on the sound behind AJ's on the Bayou.

**CLOSING** Meeting closed with the Responsibility Declaration. Next meeting July 10th, 2023.



AREA 1 ALABAMA NORTHWEST FLORIDA  
 DISTRICT 14 - TREASURER'S REPORT  
 6/29/2023

**Please Mail Contributions:** District 14 GSC  
 PO Box 4022 Shalimar, FL 32579

|                                    |            |   |
|------------------------------------|------------|---|
| CHECKING ACCOUNT                   | \$8,760.30 |   |
| PRUDENT RESERVED                   | 1516.03    |   |
| TOTAL CASH                         | 9931.33    |   |
| Synovus Startement of Accounts     |            |   |
| <b>District 14 Funds</b>           |            |   |
| CHECKING ACCOUNT                   |            |   |
| Group Contributions                | 0.00       |   |
| Total Group Contributions          | 0.00       |   |
| Expenses                           |            |   |
| Treatment Workshop                 | 654.00     |   |
| Annual PO Box Rental               | 194.00     |   |
| Total Expenses                     | (848.00    | ) |
| Net change for June                | (848.00)   |   |
| District 14 Funds Cash Balance     | \$7,912.30 |   |
| Synovus Bank Balance               | 8,415.30   |   |
| Difference: check deposited 6/9/23 | 503.00     |   |





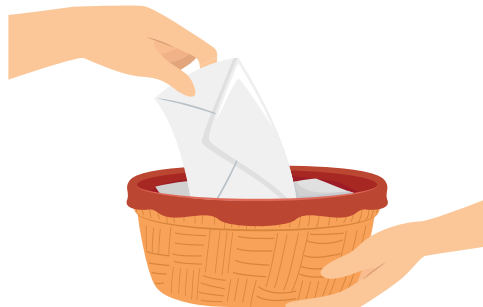




AREA 1 ALABAMA NORTHWEST FLORIDA  
 DISTRICT 14 - GROUPS MONTHLY CONTRIBUTIONS  
 2023

**Contributions can be mailed to:** District 14 General Svc Committee PO Box 4022 Shalimar, FL 32579

|  | JAN     | FEB    | MAR      | APR    | MAY    | JUN      | JUL      | AUG      | SEP      | OCT      | NOV      | DEC      | TOTALS          |
|--|---------|--------|----------|--------|--------|----------|----------|----------|----------|----------|----------|----------|-----------------|
| 450.00 Tradition Group Shalimar            |         |        |          |        |        |          |          |          |          |          |          |          | 45.00           |
| An AA Group                                |         |        | 295.50   |        |        |          |          |          |          |          |          |          | -               |
| Beautiful Downtown Baker Group             |         |        |          | 200.00 |        |          |          |          |          |          |          |          | 200.00          |
| Brownbaggers                               |         |        |          |        | 503.00 |          |          |          |          |          |          |          | 815.00          |
| Buster's for Sobriety                      |         | 312.00 |          |        |        |          |          |          |          |          |          |          | -               |
| Care Group FWB                             |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Crestview Big Book Group                   |         |        |          | 600.00 |        |          |          |          |          |          |          |          | 600.00          |
| Deckhands Goup of Niceville                |         |        |          |        |        |          |          |          |          |          |          |          | 210.00          |
| Destin group                               | 210.0   |        |          |        |        |          |          |          |          |          |          |          | 210.00          |
| Early Risers Grp of Navarre                | 0       |        |          | 127.65 |        |          |          |          |          |          |          |          | 271.32          |
| Faith Group of Crestview                   | 143.6   | 50.00  |          | 75.00  |        |          |          |          |          |          |          |          | 125.00          |
| Friday Night Lights SRB                    | 7       |        | 200.00   |        |        |          |          |          |          |          |          |          | 200.00          |
| Happy Hour Group 52 Beal                   |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Honesty Group FWB                          |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Jaywalkers                                 |         |        |          | 156.00 |        |          |          |          |          |          |          |          | 156.00          |
| Ladies 12X12 FWB                           |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Lakeview Grp Defuniak Springs              |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Miracle Group FWB                          |         |        |          | 20.00  |        |          |          |          |          |          |          |          | 20.00           |
| Mossy Head Community Group                 |         |        |          |        | 25.00  |          |          |          |          |          |          |          | 25.00           |
| Navarre Fellowship                         |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| On Awakening Camel Club ZOOM               |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| On Awakening Camel Club                    |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Primary Purpose WO's Group SRB             |         |        |          |        |        |          |          |          |          |          |          |          | 70.00           |
| Primary Purpose Group II                   | 10.00   | 50.00  |          | 10.00  |        |          |          |          |          |          |          |          | -               |
| Rule 62 52 Beal                            |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Second Chance Group Miramar Bch            |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Serenity by the Sea Destin                 |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Serenity Group of FWB                      |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Shoulder to Shoulder Destin                |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| SOS Mtg Niceville                          |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Sparkle Group of FWB                       |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Straight Up Group 52 Beal                  |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Sunday Sunset BB Study Crestview           |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| There is a Solution Group Niceville        |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Thursday Night Ladies group                |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Tuesday Night Mens Group SRB               |         |        |          |        |        |          |          |          |          |          |          |          | 17.00           |
| Turning Point Grp of Crestview \$80 + \$60 | 17.00   |        |          |        |        |          |          |          |          |          |          |          | 140.00          |
| Unity Group 52 Beal                        |         | 140.00 |          |        |        |          |          |          |          |          |          |          | -               |
| Wednesday Women in Recovery FWB            |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Weekenders FWB                             |         |        |          |        |        |          |          |          |          |          |          |          | -               |
| Women's Spiritual Axiom SRB                |         |        |          |        |        |          |          |          |          |          |          |          | -               |
|  |         |        |          |        |        |          |          |          |          |          |          |          | <u>2,894.32</u> |
|  |         |        |          |        |        |          |          |          |          |          |          |          | <u>3,189.82</u> |
| Monthly Contributions                      | 425.67  | 552.00 | 1,115.50 | 568.65 | 528.00 | 0.00     | 0.00     | 0.00     | 0.00     | 0.00     | 0.00     | 0.00     | <u>(295.50)</u> |
|  |         |        |          |        |        |          |          |          |          |          |          |          | 5,400.00        |
| Budget                                     | 450.00  | 450.0  | 450.0    | 450.0  | 450.00 | 450.00   | 450.00   | 450.00   | 450.00   | 450.00   | 450.00   | 450.00   | (2,210.18)      |
| over/(under) budget                        | (24.33) | 0      | 0        | 0      | 78.00  | (450.00) | (450.00) | (450.00) | (450.00) | (450.00) | (450.00) | (450.00) | )               |
|  |         | 102.0  | 665.5    | 118.6  |        | )        | )        | )        | )        | )        | )        | )        |                 |
|  |         | 0      | 0        | 5      |        |          |          |          |          |          |          |          |                 |





AREA 1 ALABAMA NORTHWEST FLORIDA  
**DISTRICT 14 - BUDGET FOR 2023**  
 DISTRICT 14 - APPROVED BUDGET (12/5/2022) FOR 2023

INCOME

|                   | Monthly | Annual   |        |        |          |        |        |      |  |  |  |  |  |  |
|-------------------|---------|----------|--------|--------|----------|--------|--------|------|--|--|--|--|--|--|
| Grp Contributions | 450.00  | 5,400.00 | 425.67 | 552.00 | 1,115.50 | 568.65 | 528.00 | 0.00 |  |  |  |  |  |  |

EXPENSES

|  |            | JAN      | FEB      | MAR      | APR        | MAY      | JUN      | JUL      | AUG  | SEP  | OCT  | NOV  | DEC      | BUDGET<br>REMAIN |
|--|------------|----------|----------|----------|------------|----------|----------|----------|------|------|------|------|----------|------------------|
| <u>DCM Stipends</u>                      |            |          |          |          |            |          |          |          |      |      |      |      |          |                  |
| monthly gas25.00 area assembly 4x year   | 300.00     |          |          | (75.00)  |            |          | (75.00)  |          |      |      |      |      |          | 150.00           |
| Regional Forum                           | 1,000.00   |          |          | (250.00) |            |          | (250.00) |          |      |      |      |      |          | 500.00           |
| ADCM Stipend 4x per year                 | 500.00     |          |          |          |            |          |          |          |      |      |      |      |          | 750.00           |
| Scholarship 4x per year                  | 1,000.00   |          |          |          |            |          | (250.00) |          |      |      |      |      |          | 372.53           |
| Chair Stipend                            | 1,000.00   | (250.00) |          | (127.47) |            | (250.00) |          | (500.00) |      |      |      |      |          | (1,000.00)       |
| Archives                                 | 200.00     |          |          | (250.00) |            | (250.00) |          |          |      |      |      |      |          | 200.00           |
| Corrections                              | 1,000.00   |          |          |          |            |          |          |          |      |      |      |      |          | 0.00             |
| Grapevine                                | 200.00     |          |          |          |            |          | (88.14)  |          |      |      |      |      |          | 1,000.00         |
| Literature                               | 200.00     |          |          |          |            |          | (109.69) |          |      |      |      |      |          | 111.86           |
| PICPC                                    | 200.00     |          |          |          |            |          | (12.03)  |          |      |      |      |      |          | 90.31            |
| Treatment (Workshop Budget \$654)        | 200.00     |          |          |          |            |          |          |          |      |      |      |      |          | 187.97           |
| IG Rent /QTR118.00 IG ZOOM Payment (new) | 1,416.00   |          |          |          |            |          |          |          |      |      |      |      | (654.00) | (454.00)         |
| IG Copier fee / QTR                      |            | (354.00) |          |          |            | (354.00) |          | (16.00)  |      |      |      |      |          | 708.00           |
| W eb/Technology                          | 500.00     |          |          | (50.00)  |            | (75.00)  |          |          |      |      |      |      |          | (16.00)          |
| Secretary                                | 0          |          |          |          |            |          |          |          |      |      |      |      |          | 500.00           |
| Treasurer                                | 120.00     |          | (9.50)   |          |            |          |          |          |      |      |      |      |          | 120.00           |
| Micellaneous                             | 0          |          |          |          |            |          |          |          |      |      |      |      |          | 170.50           |
| Annual PO Box Rental                     | 180.00     |          |          |          |            |          |          |          |      |      |      |      |          | 0.00             |
| Picnic                                   | 500.00     |          |          |          |            |          |          |          |      |      |      |      |          | 500.00           |
| Total Expenses                           | 0          |          |          |          |            |          |          |          |      |      |      |      |          | 4,072.17         |
| Gain/Loss per Month                      | 8,516.00   | (613.50) | (752.47) | (575.00) | (1,638.86) | (16.00)  | (848.00) | 0.00     | 0.00 | 0.00 | 0.00 | 0.00 | 0.00     |                  |
|  | (3,116.00) | (187.83) | (200.47) | 540.50   | (1,070.21) | 512.00   | (848.00) | 0.00     | 0.00 | 0.00 | 0.00 | 0.00 | 0.00     |                  |

