
JULY NEWSLETTER

STEP 7

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. Amen."



TRADITION 7

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

CONCEPT 7 (LONG FORM)

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. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A. purse for its final effectiveness.

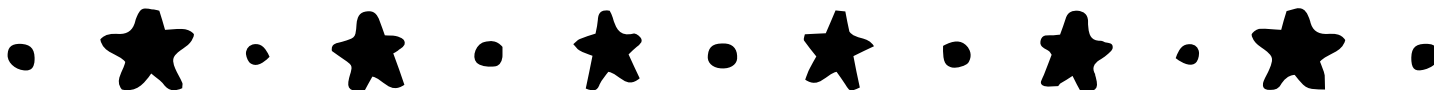


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“CARRYING THE MESSAGE IS THE BASIC SERVICE THAT OUR FELLOWSHIP GIVES, THIS IS OUR PRINCIPAL AIM AND THE MAIN REASON FOR OUR EXISTENCE. THEREFORE A.A. IS MORE THAN A SET OF PRINCIPLES, IT IS A SOCIETY OF ALCOHOLICS IN ACTION. WE MUST CARRY THE MESSAGE, 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



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.

LETTER FROM THE EDITOR

"Grant me the serenity
to accept the things I
cannot change, the
courage to change the
things I can, and the
wisdom to know the
difference."



REINHOLD NIEBUHR.

I am truly grateful for the opportunity to serve as the Area 1 District 14 ODAAT Newsletter chair. The newsletter is designed to keep you up to date on the latest happenings in our AA Community. My goal is to keep you as informed and as engaged as possible! Input from other groups and members are encouraged and welcomed! It takes a village! Please send any submission requests and birthday announcements to: **district14odaat@gmail.com**. (Please do not submit to my personal email) To ensure your request is published, please submit them no later than the last Monday of each month. For birthday announcements, please include the group name in the "Subject" heading of the email, and the date format should be: month/date/year. (Example: 01/01/2025)

I'm always available by email, phone or text. **850-467-8712**.

Thank you for the opportunity to serve!

Jen Day

MESSAGE FROM YOUR CHAIR

Fellow trudgers, it's been a very busy month, we're all very tired so I'm going to keep this short.

First and foremost, we found a new place for local AA to do business. Was not an easy task by any means but our new address is 4 9th Avenue, Shalimar, Fl. 32579. Hoping our phone number will stay the same.

The monthly breakfast crew is keeping the breakfast vibe alive and well, we had a great turn out at the Sunday June Amvets breakfast.

Our quarterly Eat and Speak is coming up on June 28th, I'm hoping it will be a smash. I have no doubt that it will be.

Most of our shifts are covered as I write this but if your willing to sit and answer phones, please give me a call at (509) 599-9338. With the new location we may have a few drop off.

Please be patient as we get everything swapped over to the new place, I'll be doing it as fast as I can. Thank you again for allowing me to serve AA. The best gig in town. I've NEVERHADITSOGOOD.

DAILY REMINDER

Sobriety isn't
"I **HAVE** to"
it's "I **GET** to"

I get to Wake up feeling well rested.

I get to Enjoy quality time with loved ones.

I get to Show up for myself.

#DRBROOKESCHILLER

Addiction vs. Recovery

It's all about me and what I want

Lying, Cheating and Manipulating to get what I want

"I can take care of myself!"

Rationalize, justify and minimize when I'm wrong.

Projecting a false image of myself

Hide and deny my fears so as not to appear weak.

Edgewood Treatment Center

"How can I be of help other others?"

Willingness, honesty and open-mindedness allow me to get what I need.

"There is something bigger than me."

Owning my part, admitting my faults and trying to grow from them.

I am no better and no less than anyone else.

Acknowledging my fears and limitations and asking for help.

BIRTHDAY CELEBRATIONS!

MOSSY HEAD COMMUNITY GROUP

- Suzi B - 07/27/1997
- Chris R - 07/10/2023

HAPPY HOUR GROUP


- DON B 07/1987

DECKHANDS

- JEFF H 07/03 (4 YEARS)
- JOEL P 07/03 (4 YEARS)
- LEE B 07/17 (4 YEARS)
- JIM D 07/31 (10 YEARS)

STRAIGHT UP GROUP

- AMBER J 07/18/2023

A close-up photograph of a birthday cake with several lit candles. The flames are bright yellow and orange. The cake is decorated with blue frosting and white sprinkles.

**THE BIRTHDAY
GIFT THAT KEEPS
ON GIVING:**

sobriety

AREA 1 | DISTRICT 14 INTERGROUP MEETING June 16, 2025

ATTENDANCE: In Person (27) – Zoom (2)

- The meeting opened @ 6:30pm with the “We” version of the Serenity Prayer.
- Traditions 1, 2 and 5 were read.
- New Intergroup Rep – Cameron P (Rise and Shine Group)
- New Intergroup Alt Rep – Pat M (Primary Purpose Group)
- Visitors – In person: Marny D (Honesty), Larry J (Early Risers)
- Zoom: Deborah (Deckhands), Dwight (Deckhands)

- Announcement by Secretary (Suji G) – “To promote an efficient thorough meeting, I respectfully ask everyone wishing to speak during business, to please raise hands to be recognized by the Secretary. Time limit to speak will be 2-minutes.”

Secretary Report (Suji G): Read abbr. May 19, 2025 minutes. Copies distributed. Motion to accept as read, approved.

Relocation Ad Hoc Committee Report (Suji G): Read abbr. June 9, 2025, minutes. Copies distributed.

- The ad hoc committee meeting was held on June 9th. Must vacate current property by June 30, 2025.
- Rindy O (Primary Purpose Group) unanimously voted in as the seventh ad hoc committee member. Rindy is willing to be ad hoc’s Financial Advisor and will create a cost analysis of what we can afford. She will create a cash flow statement in one full day.
- Jamie L. set up committee’s GroupMe chat.
- June 2nd, Jamie reported to District 14 committee meeting, ad hoc committee voted unanimously in favor of \$900 per month property, 151 Mary Esther Cutoff Blvd, Suite 310A. Lease to be signed on June 4th. Jamie further explained, scheduled meet with the realtor on the 4th and then, the 5th to view the lease did not happen due to property owner’s request for us to outbid another interested company. Owner also revoked our other agreed upon conditions. Realtor informed, District 14 Intergroup/Central Office Inc.’s bid was declined.
- Ad hoc committee began “Plan B.” Reviewed and noted seven property listings.
- Committee discussed and voted in favor of reserving nearby 10x25 climate-controlled storage unit for \$217.
- Last day office will be open for sales, Thursday June 26th till 5:00pm. Please announce at meetings. Motion to accept as read, approved.

1Question: Linda W (Weekenders Group) raised hand and referenced a copy of June 9, 2025, Relocation ad hoc committee minutes.

- “It says on here that on ‘5-30-25 Jamie L (Chair) notified Suzie B (Co-chair) and Suji G (Secretary) that prior IG Chair (Linda W) did not renew Intergroup’s nonprofit as notified by H&R Block.’ I was not notified of that from H&R Block, and I did do the tax exempt that I knew about, and to my knowledge, everything was up to date. So, I want y’all to be clear of two things that has been said in these rooms. One, is that one. I was up to date with everything. I have been helping Jamie, even though I haven’t been here. I’ve been getting calls from him, and other people, and I’ve helped them in any way I can, and all the bills have been paid on time by Jennifer G. in my term. It was a mistake on the renters, and it was a mistake with Cox. So please get this clear, my term was done properly. Thank you.”

o Secretary (Suji G) “Thank you, it will be noted.”

o Full reference: June 9, 2025, Relocation ad hoc minutes further states, confirmed receiving reinstated non-profit status through Sun Biz.”

“Jamie o “Sunbiz.org is the official website of the Florida Department of State Division of Corporations. It serves as the go-to platform for business registrations, filing annual reports, updating business records, and conducting searches for existing registered businesses in Florida” (Retrieved from Sunbiz.org)

o District 14 Intergroup/Central Office Inc. Filing Information on Sunbiz.org is as follows...

AREA 1 | DISTRICT 14 INTERGROUP MEETING June 16, 2025

➤ Last Event Date Filed: 06/02/2025 – Status: REINSTATEMENT ➤ Annual Reports Filed: 03/22/1995 – 03/18/2020 ➤ No Filed Annual Report Years: 2023 and 2024 ➤ UPDATE: Jamie L. was able to file missing 2 years on 06/02/2025 o Referenced June 9, 2025, ad hoc minutes “Jamie contacted COX Cable to cancel service prior to move as in doing so, would have saved us \$300. He planned to utilize a much cheaper Smart TV and cheaper Internet source at new location. ➤ He found; prior Chair (Linda W) signed a 3-year Cox contract ending in August of 2026. We cannot break the contract as we will be charged for every month we do not pay. Transferring current service to future property is our only option. ➤ Note for Lessons Learned... do not sign such contracts past duration of 2- year rotation.

Book Fund Report (Jennifer G): 5/20/25 – 6/16/25 report. ➤ Beginning Balance – \$6,945.30 ➤ Income 5/20 - 6/16 – \$374.11 ➤ Deposits – \$160.00 ➤ Square Sales – \$214.11 ➤ Expenses – \$1,140.11 ➤ Bank Fee – \$2.99 ➤ FL Sales Tax – \$66.68 ➤ A.A.W.S. – \$817.40 ➤ Current Balance 6/16 – \$6,179.30

Chair Report (Jamie L): Provided new property information. • Relocation ad hoc committee had a setback with finalizing lease signing for 151 Mary Esther Cutoff, Suite 310A. At the last minute, the property owner decided to go in a different direction, and we were unable to secure a lease. • Ad hoc committee began implementing “Plan B.” • On June 8th, I was able to begin communication with a realtor for the property at 4 9th Ave, Suite A, in Shalimar. • On June 11th, Suzie B., Suji G., and I did an official walk-thru of the property. We were in agreement that the property will serve our Intergroup/Central Office needs and informed the ad hoc committee. • Here's the good news: o The owner supports AA and would love to have us there. o We will be using the left half of the building, which includes 4 rooms and totals about 1,300 square feet. o The rent is \$1,000/month, plus utilities. o Estimated utilities are \$313/month. • For context, the average price per square foot in the Fort Walton Beach area is currently \$13. We've been paying \$730/month, which breaks down to about \$1.23 per square foot—a rate that's no longer realistic in today's market. • Yes, it's more than we're used to paying—but when I did the math, I realized we'd be paying less than \$1 per square foot. That's a great deal. • With time running out and this new good option, we called in the cavalry... our A.A. friends, including Rindy O. and our Book Fund Chair, Jennifer G. More on the Book Fund under “New Business.”

3• In short, we believe this is our best option and feel blessed to have this opportunity, and we're excited to share more details and answer your questions under “New Business.” • We hired an attorney to look over the lease and he found it to be a typical commercial lease with no issues. He recommended 2 minor edits regarding...1. Legal property description. 2. Written notice of default. We are waiting for landlord to review and OK those changes so we can sign lease as soon as possible. Motion: Elizabeth P (Alt Chair IG Breakfast) “Motion to suspend non-essential new business at today's Intergroup meeting due to urgent relocation discussions of Intergroup/Central Office.” • Motion seconded. All in favor. Motion approved.

Ad Hoc Financial Advisor (Rindy O): (see Rindy’s attachment) • Rindy O. read her brief note which provided pertinent information of Intergroup’s current situation.

Alt Chair (Suzie B): Nothing to report. She is just listening.

Suspended Reports: Secretary (Suji G) asked to please send reports via email or text. Suji’s

AREA 1 | DISTRICT 14 INTERGROUP MEETING June 16, 2025

contact information on table.

OLD BUSINESS • Jamie L (Chair) announced that property manager called to explain, the property owner is moving his business to another venture. Central Office/Intergroup will need to relocate by June 30th, 2025. o Jamie asked for willing volunteers for relocation ad hoc committee. Ad hoc committee... Jamie L., Suzie B., Suji G., Rick V., Janna K., and Jason L. o If anyone knows of a place to rent or have questions, please contact Jamie @ (509) 599-9338 o Everyone please pray that we find a new good location.

NEW BUSINESS • Copies of draft lease for 4 9h Ave, Shalimar, distributed. Owner waived security fee. An attorney reviewed the lease, minor changes. Owner confirmed, he is good with making the changes, and updated lease will be ready to sign in two days. We will be handed keys at the time of lease signing. • An image presentation display of proposed property with floor plan of 1,300 sq ft. Jamie, Suzie and Suji did walk-through. Suji shared, property is spacious with 4 rooms, a large restroom, 2 entryways, very spacious parking areas, clean, and in safe location. Ad Hoc Financial Advisor (Rindy O): Provided detailed handouts of two cost analyses spreadsheet statements. She used 2024's Treasurers' numbers to determine if we could reasonably afford leasing the property. She calculated conservatively and kept in some Intergroup events we consistently lose money on, such as, last year's costly picnic and Intergroup hosted six groups to chair meetings for New Year's Alkathon 12:00pm-12:00am, cost \$500. o We will no longer have expense of paying tax, which we currently do pay and we should not be doing and, will not be doing at new office so, that will be another expenditure we will save on. o She shared her positive findings... our numbers are steady and group contributions for the first five months of this year are up 10%. "I have attempted to be as conservative as possible, and it certainly looks like we can afford this rent based on our finances." o Tom W (Deckhands Group) "I think being conservative going into this venture would be prudent at this particular time. And, you know, hope and pray that the contributions keep coming in a steady rate from the groups." o Estimation of our total monthly income for the full 2025 year is \$26,000. Total monthly expenses, including \$1,000 per month rent, and maintenance cost (which includes electricity) for a total of \$1,300 a month, total expenses is \$25,497 which leaves us a little over \$800 in the positive. o Rindy consulted with Book Fund Chair, Jennifer G. According to our bylaws, they found excess funds are to transfer into Intergroup's general corporate account. The Book Fund Chair determines the excess amount. Jennifer reviewed Book Fund's separate bank account and agrees, instead of random contributions from Book Fund, Jennifer G. believes it is very possible to pay Intergroup \$500 a month for rent. o Discussion if District can still pay Intergroup rent of \$450 a quarter for \$1,800 per year. Rindy calculated that current amount into our total income, with no changes. Brad (DCM) stated he spoke with their treasurer and group contributions to district is trending slightly up. He added, they are still facing a probable deficit. District will be able to pay the rent as it is established as is. District wants to offer their help with some moving expenses as district understands, Intergroup/Central Office houses District 14 Archives and other materials. District will have volunteers to aid with moving labor work. o Rindy reminded, office needs to vacate current property by June 30th and highly suggests, we should vote on this tonight as it is crunch-

AREA 1 | DISTRICT 14 INTERGROUP MEETING June 16, 2025

time and also, because we should not risk losing this opportunity. • Rindy will try to get some of storage facility money back. Moving cost budget is \$1,000. • Cathy J (Busters for Sobriety) inquired if only a 1-year lease is concerning. Rindy replied, “The attorney that we consulted said that was standard on 1-year.” Lease has options for renewal. So Suzie B (Alt Chair) believes 1-year lease is good so new Intergroup Chairs can have the responsibility for signing the lease for their 2-year term. o Jason L (Early Risers) agrees that 1-year is good in case we cannot afford the rent. o Linda W. asked, “Is it possible to do it from term to term of elections?” Also, “Can we make sure that we actually get that rent or whatever rent it goes to for those two-year terms?” The Intergroup committee will consider how to better coordinate IG Chairs and contract signings.

• The Board Resolution for Lease Agreement (01-1111) serves as record of the decision made by the board members of District 14 Intergroup/Central Office Inc., regarding the approval of a lease agreement. The purpose of this resolution is to authorize the designated individuals to sign the lease on behalf of the company, ensuring compliance with internal policies and legal requirements. • WHEREAS, a meeting of board members of District 14 Intergroup/Central Office Inc., was held on June 16, 2025, at the company principal office located at 24 Hollywood Boulevard, Suite 3, Fort Walton Beach, FL 32548. The meeting was convened to discuss the lease agreement with Shadevco LLC, for the property for office space located at left (southern) half of 4 9th Avenue, Suite A, Shalimar, FL 32579. • WHEREAS, board member, Rick V. (Eat & Speak Chair) motioned to approve signing property lease for 4 9th Ave in Shalimar for \$1,300 monthly rent; and board member, Cathy J (Busters for Sobriety Group) seconded the motion. • WHEREAS, eighteen voting board members have determined that entering into this lease is in the best interest of the company. • RESOLVED, that all actions taken on behalf of the corporation by William J.L., President, and Suji G., Secretary, are hereby authorized and directed to execute the lease agreement on behalf of the company and to take all actions necessary to effectuate the lease.

GROUP REPORTS: Secretary (Suji G) announced to please email group reports.

TO CONSIDER

- Planning a non-costly “Open House” day at new location after setup as suggested by Tom W (Deckhands Group).
- Examining future costs of quarterly Eat & Speaks and Intergroup picnics.
- Once settled in new office, revisit consideration to increase Prudent Reserve.

ACTION ITEMS

- Announce to groups, meetings and A.A. events “Please donate to Intergroup.”
- 6• Announce to groups, meetings and A.A. events, Relocation ad hoc committee welcomes volunteers to attend Monday June 23rd 5:00pm planning meeting at current Intergroup/Central Office 24 Hollywood Blvd, Suite 3, Fort Walton Beach. Next Intergroup meeting on July 21, 2025 @ 6:30pm @ Intergroup/Central Office new location 4 9h Ave, Suite A, Shalimar To Attend on Zoom – Meeting ID: 854 8645 8921 – Password: service Closed @ 7:28pm with A Declaration of Unity.

Treasurer's Report May 2025

GROUP CONTRIBUTIONS

Total Expenses	\$1,760.21
Begining Checking Balance	\$12,679.43
Income	\$1,155.38
New Checking Balance	\$12,074.60
Prudent Reserve (Savings End Bal.)	\$7,501.48

The Long Form Version of Tradition 6 in AA

AA has a long-form version of all its traditions that explains each in more detail. Here's the long form of Tradition 6:1

"Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. - and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one."

District

District will be hosting our Area1 Delegate on June 22nd at Christ the King Church, 480 N. Co. Hwy 393, Santa Rosa Beach, FL 32459 at 2:30. The event will be available via Zoom. Meeting ID: 82175468660 PW: district

A big thanks to Mike F. and his committee for putting the event together.

Area

Next Area Assembly

July 11-13, 2025

at the Ramada Inn, 5216 Messer Airport Highway, Birmingham, AL

Call 844-656-1788 for reservations. Be sure to mention the Area One Assembly.

Draft Agenda forwarded to Secretary

A&A Pamphlet Study

2nd & 4th Tuesdays Of each Month@8:30pm. Zoom

ID: 720 323 0527 Passcode: 417

12 Concepts Study

1st & 3rd Tuesdays Of each Month@7:30pm. Zoom

ID: 720 323 0527 Passcode: 417

Southern States Alcoholics Anonymous Service Assembly

December 5-7, 2025

Register at www.ssaasa.com

Flyer forwarded to Secretary

GSO

The 2025 International Convention is being held in Vancouver, BC, Canada, July 3 – 6, 2025. at the Vancouver Convention Centre and BC Place Stadium. Information is found at aa.org/international convention.

Cannot attend? There are other ways to experience the Convention. Two-day, eight session program track for individual viewing at home (\$35) Three Big Meetings video recording for (\$60) Viewing party with different rate plans based on attendees.

The GSB Committee on Cooperation with the Professional Community/Treatment and Accessibilities is launching the “Military Veteran Interview Project” to enhance outreach efforts tailored to military veterans. Looking for military veterans willing to share experience strength and hope focusing on the intersection of military service and recovery in AA. Contact via email at: militaryoutreach@aa.org

EVENTS

*Mossy Head
Community Group*

Sunday July 27th
Suzie B. Celebrating 28-years!
Chris R. Celebrating 2-years!

Dinner & Speaker
5:00pm - Fellowship
5:30pm - Chicken & Dumplings
6:00pm - Speaker: Chris R.
Followed by - 50/50 Raffle

Recovery Unity Service
Mossy Head Community Center
63 Stewart Circle
DeFuniak Springs, FL 32435

Area 1 District 14
**Lakeview Group
Speaker Meeting**

Thurs July 31st @ 7:00pm
Suzie B. Celebrating 28 years!
**Speaker: Darla D.
Freeport**

First Presbyterian Church
1063 Circle Drive
DeFuniak Springs, FL 32435
Experience, Strength and Hope

Area 1 District 14
**Intergroup Breakfast
&
SPEAKER!**

Hosted by: Sparkle Group
Speaker: Margaret C.

Sun Aug 3rd
Breakfast @ 9:30am \$8.00
Speaker @ 10:30am
Amvets Post 78
910 Valastics Ave
Valparaiso, FL 32580
Recovery Unity Service



**SCAN THIS CODE TO ACCESS
THE AA DISTRICT 14 &
INTERGROUP OFFICE
WEBSITE:**

