AUGUST 2025 NEWSLETTER

STEP 8

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

8TH STEP PRAYER

Higher Power, 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.

TRADITION 8

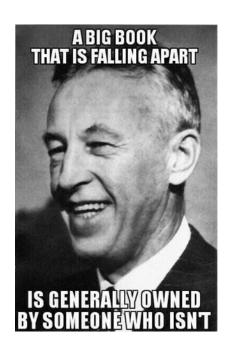
"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."

CONCEPT 8 (LONG FORM)

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 all directors of these entities.





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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

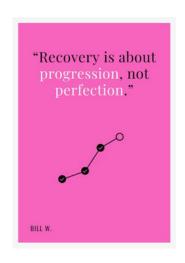




The ONE DAY AT A TIME is the local newsletter published by the Area 1 District 14 Central Office of Alcoholics Anonymous. The monthly publication provides current information about meetings, upcoming AA related events, and articles of interest submitted by local members. It also includes a monthly financial 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



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

Hello everyone, wow we're in August, 8 months and so much change, but it's all exciting. We're moved in to our new building and I personally love it. Our new address is, 4, 9th Ave, building A, suite A. Shalimar, Fl, 32579.

The breakfast was a smash, I encourage everyone to come out, they get better monthly. The Eat and Speak was really good, and look for some changes coming down the pike Most shifts at central office are covered but we could really use some help on Wed afternoon, 4 to 7pm. If you have a years sobriety and still have some willingness, please come see me. We'll get you trained and "plugged in". I encourage everyone to call before you travel to central office, we're all volunteers and there's always a chance someone has an appt, we don't want you to travel for nothing. If, in the event no one is there, you can always call me and I can meet you there. 509-599-9338

Jamie L

NEVERHADITSOGOOD







DECKHANDS

- LEIGH ANNE S 08/23/2023
- KRISTI O 08/27/2021

HAPPY HOUR GROUP

BARRY M 08/31/2007

PRIMARY PURPOSE

LOTTE N 08/25/2021

STRAIGHT UP GROUP

- JORDAN H 08/05
- JAMAL O 08/11/2022
- SHERRIE H 08/16/2022
- ALLEN R 08/21/2022
- BARRY M 08/31/2007



ATTENDANCE: In Person (16) - Zoom (0)

INTRODUCTION• Opened with the "We" version of the Serenity Prayer• Traditions 2

and 9 were read• Visitor – Jason M. (Happy Hour Group)• Jamie L (IG Chair) announced office has currently lost power due to storm• Jamie L (IG Chair) announced new office location address now includes "Building A"

COMMITTEE REPORTS

- **SECRETARY** (Suji G) Read abbr. June 16, 2025, minutes. Copies distributed. Motion to accept as read, approved.
- RELOCATION AD HOC COMMITTEE (Suji G) Read abbr. June 23, 2025, minutes.

Copies distributed. "The most important of June 23rd ad hoc minutes is to take back to home-groups to please increase 7th Tradition contributions to Intergroup/Central Office and to announce our new location." Motion to accept as read, approved.

BOOK FUND (Jennifer G) 6/17/25 - 7/21/25 report.o Beginning Balance - \$6,179.30 - Income 6/17 - 7/21 - \$1,166.83 • Deposits - \$1,112.65 • Square Sales - \$54.180 Expenses - \$1,022.79 • Bank Fee - \$2.99 • FL Sales Tax - \$27.10 • Intergroup Rent - \$500.00 • Grapevine Literature - \$432.81 • Label Maker - \$59.89 Current Balance 7/21 - \$6,323.34 Jennifer bought a label maker from Amazon to list Book Fund sales prices, and it is available for anyone who needs to borrow it. Motion to accept report. Seconded and approved.

- IG CHAIR (Jamie L) He attended July 6th IG Breakfast hosted by Unity Group. "Leah S. was the speaker and did a really good job! We had a really good turnout!" Jamie thanked IG Breakfast team for their fantastic service. He had a great time at June 28th Eat & Speak hosted by Buster's for Sobriety. A.A. Speaker was Mark K., and Al-Anon Speaker was Laura M. Jamie thanked Rick V. and everyone who helped with efficiency of set-up and break-down. Jamie shared, he decided to not attend July 11-13th Area Assembly, "I'm not going to go back to Area Assembly until I feel like there's a reason for me to go to Area Assembly, because I really think it's more important right now that we don't put \$300.00 in my pocket to go there. I don't even have a vote there. So as much as I like going, I'm just not going to go."
- IG ALT-CHAIR (Suzie B) She attended June 28th Eat & Speak and July 6th IG Breakfast. Suzie attended July 11-13th Area Assembly's Intergroup Committee meeting. The Chair spoke of not having stipend for Area Assembly. There was lengthy discussion, and an Area Delegate explained why we do not have stipends. According to 2024 revised edition of The A.A. Service Manual (BM-31), Intergroup is not in the guideline of Area Assembly. "So, it was just a service created for Intergroup's to come together and share information about Intergroup. So, we made a motion to table it, so she will have time to go out and get some information from the other Intergroup's in the area."
- **DCM** (Brad A) District fantastic job. I was able to attend the Intergroup Breakfast. The Unity Group and Leah S. did a District 14 has agreed to support the Florabama YPAA in the effort to host the SECYPAA conference. Standby for details. Area Attended the Area Assembly July 11-13, 2025. I informed the Area Intergroup Committee chairperson of the new Central Office address and phone number. The Delegate's Report was presented. Some points of interest included: Living Sober text language update was passed. Voted no revisions to the Plain Language BB, decision is deferred until 77th GSC.

DCM continued...- Development of a 12X12X12 text. 50% for 50% against. Some citing Concepts are in the Service Manual; others did not want to lose the 12 X 12 in its current form. It did not pass. - The developed video animation of the pamphlet "The Twelve Concepts Illustrated" be approved with minor edits. Passed -Motion to add Gold Key, Franciscan, and Volunteer Action awards to the already published Lasker Award in the BB. Consideration is to add text to guide readers to AA.ORG for more information. -Recommended GSO pause renovation until plan to replenish GSO prudent reserve to nine months. It did not pass. Area One is currently working on a Post- General Service Conference "report." Also, there is a Preconference survey available seeking feedback to improve the process. Follow up to what became of the Area's Districts input. GSO The Contribution address has changed at GSO. Please make checks payable to "General Service Board" and mail to: GSB PO Box 2407 James A Farley Station New York, NY 10116-2407 3Contributions can also be made online at: https://www.aa.org/aa-contributions-selfsupport. As a result of the work of the Location Plus Committee of the General Service Board, it was decided that GSO will continue office operations from our current location at 475 Riverside Drive in New York. It was also decided to consolidate GSO operations on the 8th and 11th floors to the 11th floor only. Thus, realizing savings in occupancy costs and allowing for better collaboration and effectiveness among all departments and services we provide. The GSB Committee in 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 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.

- IG BREAKFAST (Elizabeth P) o July 6th Intergroup Breakfast was hosted by Unity Group with Speaker, Leah S. Attendance, 41. Contributions, \$96.16. Paid rent, \$25. Gave Intergroup, \$71.16. o August 3rd is next monthly Intergroup Breakfast hosted by Sparkle Group. Margaret C. is speaker. \$8.00 buffet breakfast @ 9:30am and Speaker @ 10:30am. Located @ Amvets Post 78, 910 Valastics Ave in Valparaiso, FL 32580 o Elizabeth shared, it was brought to her attention to incorporate a welcome introduction by Intergroup Breakfast Chair or Alt-Chair on behalf of Intergroup prior to handing off meeting to the hosting group. Jamie L. will assist adding an introduction page to the IG Breakfast binder. Please continue to announce upcoming IG Breakfasts and come to support us. 2025 Hosting Group Schedule... September 7th Early Risers Group Speaker Gene L. October 5th- Intergroup Committee Service Presentation Workshop Presentation Workshop
- EAT & SPEAK (Rick V)o September 27th will be next quarterly Eat & Speak hosted by Unwind Your Mind Group. Located @ First Presbyterian Church, 134 Beal Pkwy, SW, Fort Walton Beach, FL➤ Fellowship @ 5:00pm➤ Potluck dinner @ 5:30➤ Al-Anon Speaker: Joan P.

Eat & Speak continued... € 6:00 ➤ Raffle and 50/50 € 7:00 ➤ A.A. Speaker: CD B. € 7:15. Rick will also incorporate a welcome introduction as Chair of Eat & Speak on behalf of Intergroup prior to handing off meeting to the hosting group. We almost broke even on costs for June 28th Eat & Speak hosted by Buster's for Sobriety Group. Rick stated, "We are looking into different ideas that could possibly actually make it profitable in some way, somehow." He asked to please let him know of any ideas. IG Representative, Cathy J (Buster's for Sobriety Group) could not Zoom in due to office power outage. She texted June 28th cost breakdown... \$230.00 food, \$20.00 water and cookies, give Intergroup \$25.00. Cathy added to consider changing food stipend to the old amount as it is feasible.o 2025 Hosting Group Schedule... ➤ Dec 27th Speaker: Bailey R.- Happy Hour Group - A.A. Speaker: Danny A. - Al-Anon

- **HOTLINE** (Janna K) Janna could not Zoom in due to office power outage. She texted "Hotline updates we had a smooth transition, and it is going well."
- ODAAT (Jennifer D) Not present.
- WEB SERVANT (Bobby C) Did a good scrub of updating addresses and numbers. Uploaded new flyers. "If there's anything that you see that needs correction, please bring it up and I can correct it on the spot." o There was discussion of process to update address in Google. Jamie stated he believes new address will automatically transition in about five to seven buisness 5days after having updated our address with USPS a week and half ago. Bobby and Jamie will stay updated on the process. o Addresses have been changed on the meeting guide app. Johnnie C. inquired if address of "Building A" has been uploaded. Bobby and Jamie will double-check.

OLD BUSINESS

• Jamie L (IG Chair) "The lease was signed, and the move was successful." He contacted NBI and they are mailing us \$100.00 security deposit. Jamie thanked Jennifer G., Brad A., Suji, Bobby, and everyone who helped leave our old location nice and everybody who helped move Intergroup/Central Office. Brad A (DCM) expressed his gratitude to Jennifer G. for all her hard work during the move. • As reported on June 9, 2025, Relocation Ad Hoc Minutes and on June 16, 2025, Intergroup Minutes, unfortunately we are locked into a 3-year COX contract, ending on Aug 2026. Jamie called COX on June 26th and found; we are under a promotional rate that was due to run out at the end of June. We would have seen a significant increase of \$89.00 per month. He was able to have this promotional rate renewed for another year so, our COX bill will remain the same. • We are under move budget of \$1,000. We spent roughly \$799.00, and some more will be spent as well as, some money will be returned. Jamie had 30 keys made for \$107.00. There will be costs to replace some lighting. The storage facility kindly refunded near half of cost. • As per District 14 Intergroup/Central Office Inc. bylaws, Jennifer G (Book Fund Chair) has determined paying Intergroup \$500.00 monthly rent for July, August, and September. In September, she will review Treasurer reports for July, August, and September to determine rent amount. It may go down to \$400.00 monthly based on Intergroup funds.

NEW BUSINESS

• Jamie L (IG Chair) raised topic of District Committee possibly increasing their quarterly \$450.00 rent to Intergroup based on prior discussion with Brad A (DCM) of providing District with an increase amount to work toward.o Suji G (IG Secretary) and Jamie L (IG Chair) came up with reasonable increase amount of \$100.00 quarterly for Brad to please take back to District for

New business continued...discussion. Brad agreed \$100.00 quarterly increase is a fair amount.o Suzie B (IG Alt-Chair) made a motion for Intergroup Committee to approve Brad A (DCM) to bring request of \$100.00 quarterly rent increase to District Committee. Motion was seconded by Rick V. There was discussion. Michael M. asked what the reason is for asking District for rent increase. Suji G. explained, Archives room belongs to District, and it now takes up more real estate at new location. There was discussion. Rick V. referenced June 16, 2015, Intergroup Committee minutes, "I just read here that District is facing a probable deficit?" Brad A (DCM) replied "We're definitely going to go back and ask the question, and we'll go from there." There was discussion. Amber H. inquired, with the increase of rent at our new location is an increase of \$100.00 on par, the same scale of rent? Jamie replied, we went from \$730.00 to \$1,300.00 so, no it is not on same scale and Intergroup is just asking District for help. Pat M. added, Intergroup rent doubled and asking District for \$100.00 quarterly increase is not doubling their rent. Vote on motion for Intergroup Committee to approve Brad A (DCM) to ask District Committee for quarterly rent increase of \$100.00. 9 in favor, 1 opposed. Minority voice, Johnnie C. stated, "I don't think we should be asking District for more money at this time because this has been said a couple of times, they're probably facing a deficit, and we don't really need it." Elizabeth P. stated, "I feel like \$100.00 is just kind of pulled out of the air, that we have no backing of the exact this is what it will be and what it will cover.' I think it needs to be more precise before we give them a number." Pat M. asked what our current rent is. It is \$1,300. Pat M. also asked what the current rent for District is. It is \$450.00 quarterly. Pat M. asked if District Committees use Intergroup location for their meetings and if Archives has an entire room. Yes they do. Michael M. asked if \$450.00 is the rent District paid in old location. Yes it is. Jamie asked Elizabeth to please elaborate on precise \$100.00. Elizabeth stated, "How did you come up with it." Suji G. explained a reason for District rent increase, "Archives room at prior 24 Hollywood was not being paid for because they didn't know and now, it's a whole room and taking up real estate." Suzie B. further explained that when Intergroup first started, the whole committee belonged to Intergroup till a DCM said the Service Committees belong to District. The Service Committees moved to District except the Archives kept Archives at Intergroup. "That is why they thought it was always a part of Intergroup. But the thing is, Archives is not a part of Intergroup, it's part of District. So, that's why it has been going on for all this time. I can see where Suji came with the idea because it takes up a whole room over here in the \$1,300.00 that we are paying now." Johnnie C. stated, "We took up a whole room over there also." Johnnie gave District's quarterly cost breakdown, \$354.00 rent, \$75.00 for copies, \$24.00 for Zoom. "So, they've paid rent on something. What did they pay rent on if it's not the Archives room?" Suji G. replied, "Meetings and storage. All the District Committee Chairs have keys to come and do their meetings with Zoom access and all that." Rick V. asked why we are bringing up District rent increase now considering groups have donated and we are financially okay now? Jamie replied, "That's a snapshot of our bank account today." Pat M. added, "24-hour news cycle." Pat M. further shared for 7everyone to please take back to home-groups that this is the year 2025 and the cost of one dollar in the basket has changed, "There's absolutely nothing you can buy in a dollar store for a dollar anymore. We really need to change this culture of a dollar or we're not going to survive." Jamie stated we have only made one rent payment, and our rent has doubled so, a picture today is

New business continued...not going to be our picture in 6 months. Jamie further shared, "It's just a simple request. Take it back. We're okay if you say no. We're asking because we're thinking forward." Revote on motion for Intergroup Committee to approve Brad A (DCM) to ask District Committee for quarterly rent increase of \$100.00. 7 in favor, 4 opposed. 2/3rd motion passed. • Jamie L. asked we think about ordering new street signs for new location as any direction to our new location will be beneficial. Aaron N. volunteered to take down old street sign however, he found others bolted their signs to our sign. Jamie will contact NBI. Suji G. will proceed with laminating sign for door once power is back on.• Jamie gave Tom W (Deckhands Group) a shout out for great idea of considering a low-cost open house day. There was discussion and in agreement to first finish setting up Intergroup and to have in fall season.• There were discussions of changes to quarterly Eat & Speak. Examining new ideas, future hosting group stipend of \$275.00, Tradition Five and Al-Anon participation, Tradition Seven and Al-Anon basket donations. Brad A (DCM) suggests for the sake of unity, to take ideas back to home-groups instead of a select few discussing. Rick V (Eat & Speak Chair) made motion to table all mentioned discussions of changes to Eat & Speak till next Intergroup meeting. All in favor, none opposed. Motion passed.

GROUP REPORTS

- An AA Group (Amber H) attendance is up. They are doing very well. Meetings on Mon, Weds, and Fri @ 8:00am @ Christ the King Episcopal Church, 480 North County Highway 393, Santa Rosa Beach, FL 32459. They are a closed Big Book study group. They have four August birthdays... Brian w/41-years, Bentley w/4-years, Cherie w/3-years, and Susan w/5-years.
- Buster's for Sobriety (Cathy J. texted group report) they meet every day at 8:00am @ Jackacuda's Seafood & Sushi, 36120 Emerald Coast Parkway, Destin, FL 32541. Birthdays are celebrated as they come.
- Community Group in Mossy Head (Johnnie C) they meet on Weds @ 7:00pm and Sun @ 6:00pm. July 27th is next Eat and Speaker meeting celebrating Suzie B.'s 28th birthday and Chris R.'s 2-year birthday. Come join us! Doors open @ 5:00pm, potluck and chicken and dumplings dinner @ 5:30, and Speaker @ 6:00. Located @ Mossy Head Community Center, 63 Stewart Circle, DeFuniak Springs, FL 32435 8• Deckhands Group (Tom W) daily meetings @ 8:00am @ the Niceville Skate Park, 200 Campbell Drive in Niceville, FL 32578. Weds is Big Book study. Attendance averages 10 to 15 per meeting. Lee B (July 17th) celebrating 4-years of sobriety.
- Early Risers Group (Gene L) they meet at 7:00am Mon–Sat @ St Augustines Episcopal Church, 7810 Navarre Parkway in Navarre, FL 32566. On Sun, they meet at 6:30am @ Navarre Beach Sea Turtle Pavillon, 8739 Gulf Blvd, Navarre FL 32566. Averaging 20 to 30 attendees. They do Big Book study, 12&12 study, Grapevine, and open discussions.
- Happy Hour Group (Bobby C) they meet Mon-Fri @ 5:30pm @ Alano Club, 52 Beal Parkway Northwest, Fort Walton Beach, FL 32548. Topic format meetings. They celebrate birthdays on the last Fridays of the month. Business meetings on last Thursdays of the month @ 6:30pm. Celebrated Happy Hour Group's 32nd birthday on June 27th
- Lakeview Group (Suzie B) they are located @ First Presbyterian Church, 1063 Circle Drive, DeFuniak Springs, FL 32435. They have two group members. Speaker meetings on last

Lakeview Group continued...Thursdays of the month. July 31st @ 7:00pm speaker is, Darla D. of Freeport. Suzie B. will be celebrating her 28-years of sobriety!

- Miracle Group (Michael M) they are doing great! They meet on Tues @ 8:00pm. Located @ St. Mary's Parish Life Center, 165 Coral Drive SW, Fort Walton Beach, FL 32548. They have about 15 to 30 in attendance. Next month they have two celebrants, Clyde R. w/31-years and Aubrey C. w/2-years. They have a lot of participation at business meetings which have been pretty active lately.
- Primary Purpose Group (Elizabeth P) they meet @ United Methodist Church, 703 East Miracle Strip Pkwy, Mary Esther, FL 32569. Meetings on Thurs and Sat at 6:30pm. Saturdays is an open two-speaker meeting. Thurs are closed rotating step meetings. First Thurs of the month are newcomer meetings reading from the Living Sober book. Third Thurs of the month, they have a great Tradition meeting. Last week, it was on Tradition Seven. One August birthday, Lotte N. w/4-years.
- Rule 62 Group (Jennifer G) averaging 7 to 10 attendees. They meet 7-days a week @ 6:30am @ Alano Club, 52 Beal Parkway Northwest, Fort Walton Beach, FL 32548. Open discussion meetings on Tuesdays and Thursdays. Fridays is a literature meeting.
- Young at Heart Group (Aaron N) they meet on Tuesdays @ 7:00pm. Located @ First Presbyterian Church, 134 Beal Parkway Southwest, Fort Walton Beach, FL, 32548. Averaging 20 to 30 attendees. They are growing and have new members coming. CLOSING
- Next Intergroup meeting on August 18, 2025 @ 6:30pm @ Intergroup/Central Office new location 4 9h Ave, Building A, Suite A, Shalimar, FL 32579 To Attend on Zoom Meeting ID: 854 8645 8921 Password: service• Closed @ 8:14pm with the "We" version of the Serenity Prayer.9

Treasurer's Report June 2025

GROUP CONTRIBUTIONS

Total Expenses	\$2,854.60
Begining Checking Balance	\$12,074.60
Income	\$462.74
New Checking Balance	\$9,682.71
Prudent Reserve (Savings End Bal.)	\$7,507.10

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."











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

