# OCTOBER 2025 NEWSLETTER

### STEP 10

Continue to take personal inventory and when we are wrong admit to it.

# **10TH STEP PRAYER**

"God, remove the selfishness, dishonesty, resentment and fear that have cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You – Your will, not mine be done. Amen

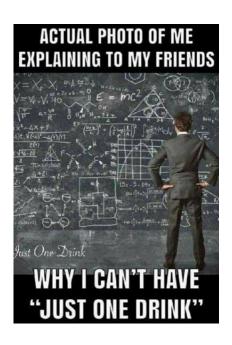


Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

# **CONCEPT 10(LONG FORM)**

Every service responsibility should be matched by an equal service authority— the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws





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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

Make your recovery story louder than your addiction story.

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)

SOBRLIFE

I'm always available by email, phone or text. **850-467-8712**. Thank you for the opportunity to serve!

Jen Way



# MESSAGE FROM YOUR CHAIR

Hello Family, thanks for allowing me to serve.

The Eat and Speak was great, thanks CD and Joan. The upcoming Intergroup breakfast will be hosted by our very own Intergroup. 2 Speakers, myself and Elizabeth P. Please come out, fellowship and break bread with us. Oct 18th we're having an open house, 12:00 pm till we're done. We're excited to show you our new facility, there will be food and drinks. Please come out and fellowship with us. Thanks again for allowing me to serve, it's a pleasure.

If you knew me before you would understand why I'm so happy today!







## **DECKHANDS**

- Christy K 10/01/2024
- Jeremy 10/05/2023
- Geno D 10.07.2023
- Jill M 10.09.2008
- Terry G 10/20/2009

## **EARLY RISERS**

- Roy N 10.02.1994
- Kelly W 10.06.2020
- Bob Ko 10/06/2024
- Jody 10/12/2020
- Forrest B 10/20/2020
- Wadell D 10/27/1987
- Ray N 10/29/2022
- Kelly G 10/29/2001

## MOSSY HEAD COMMUNITY GROUP

• Debbie G 10/09/2002



**ATTENDANCE**: In Person (21) – Zoom (0)

INTRODUCTION Opened with the "We" version of the Serenity Prayer. Traditions 2 and 9 were read. New Intergroup Reps: Natasha G. (Navarre Fellowship Group) and Joe S. (Third Tradition Group)

#### **COMMITTEE REPORTS**

**SECRETARY** (Suji G) Read abbr. August 18, 2025, minutes. Copies on table. Motion to accept report as read, approved.

#### IG CHAIR (Jamie L)

He attended Sept 7th Intergroup Breakfast hosted by Early Risers Group, Speaker was Gene L. Jamie hopes to see more attendees next month, "Sure would be nice to see all you guys that have been coming back. It's fun to see a lot of people there." Jamie reported status of ordering our new street sign. Our realtor, ERA, have a sign company we are to order from. He contacted the sign company and asked, "Can you" not "Will you" be able to add the circle and triangle symbol on the sign along with "District 14 Intergroup/Central Office." We will discuss further under New Business.

- IG ALT-CHAIR (Suzie B) Nothing to report.
- DCM (Brad A)

District meetings are on first Mondays of each month @ 6:30pm @ Central Office. Next District meeting is October 6th. Quarterly Area Assembly is coming up on October 3-5th . Located @ Ramada Birmingham Airport, 5216 Messer Airport Hwy, Birmingham, AL 35212. For Assembly rate hotel reservations: Call (205) 243-1943 and let them know you are with the Area 1 Block.

Brad took the motion to ask District for quarterly rent increase of \$100.00 presented by Suzie B., to Sept 1st District meeting. Due to the holiday, less than half of average were in attendance. They had some light discussion and decided to table the motion as the Treasurer was traveling and could not obtain bank statements to create his report. They will pick up the topic on Oct 6th meeting. At the Area level, there are a few virtual workshops that are happening regularly on Tuesdays and Thursdays of each week, "One evening as a pamphlet study, and the other evening is a concept study, and those events are also recorded if you can't attend them live. If you're interested in information on that, see me after the meeting." In November, the 2nd annual State Convention will be hosted by our own District 24 (Spanish speaking district) @ the Double Tree Hilton in Birmingham, AL. Brad has further information for anyone interested in supporting or attending.

#### • IG BREAKFAST (Elizabeth P)

September 7th Intergroup Breakfast was hosted by Early Risers Group with Speaker, Gene L. Attendance, 29. 7th Tradition contributions, \$69.00. Paid rent, \$25.00. Gave Intergroup, \$44.00. The next IG Breakfast is scheduled for October 5th, but the date conflicts with Oct 3-5th Area Assembly in Birmingham, AL. In November, the hall is free on Nov 2nd, but Amvets will not be serving breakfast. They will serve breakfast on the second Sunday, though the hall is not available. Elizabeth shared idea to provide attendees with donuts and juice on Nov 2nd. We will further discuss October and November IG Breakfasts under New Business.

#### • EAT & SPEAK (Rick V)

All is set for September 27th 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. @ 6:00/ Raffle and 50/50 @ 7:00/A.A. Speaker: CD B. @ 7:15. December 27th hosted by Happy Hour Group, A.A. Speaker Danny A., and Al-Anon Speaker Bailey R.

- HOTLINE (Janna K) "We are running like a well-oiled machine."
- **ODAAT** (Jennifer D)

Please email newsletter content submissions as soon as possible. Jennifer D. asked to please email birthdays to have printed in ODAAT newsletter even if birthdays are announced at this meeting. Email: district14odaat@gmail.com

### • WEB SERVANT (Bobby C)

New meeting started and uploaded to meeting guide app, Point Washington Big Book Study, closed meeting on Thursdays @ 7:00pm. Located @ Point Washington United Methodist Church, 1290 North Co Highway 395, Santa Rosa Beach, FL 32459. Please continue to email Bobby new flyers to upload to website. Email: Bobby\_cloud\_@outlook.com

#### **OLD BUSINESS**

Motion to take back to home-groups to keep Eat & Speak dual-purpose or change to singleness of purpose meeting which includes, 7th Tradition basket contributions. Lynn A., Community Group in Mossy Head, voted to keep it the same with the exception of adding a statement to the format that the 7th Tradition contributions be added by only A.A. members. Amber H., "That was mirrored by An AA Group too." Jason L., "Early Risers, ditto." Joe S., "Third Tradition, the same thing." Deb B., "Living Sober Group, same thing." Natasha G., "Navarre Fellowship, same." Bobby C., "Happy Hour Group, the same." Michael M (Miracle Group) reported they had a group conscience on the motion. Seven members in favor that the Eat & Speak is breaking traditions five, seven, and three. One member was opposed to that. "So, we were actually against it but, not getting rid of it altogether." Miracle Group discussed having a separate committee like Summer Serenity at the Beach or a Roundup that has its own entity and is not connected to A.A. Amber H. motioned to keep Eat & Speak as it is with the exception of changing the verbiage of 7th Tradition contributions by A.A. members only. Substantial unanimity in favor, one opposed. Jamie L. gave Michael M (Miracle Group) the floor for minority voice. Michael M. stated he is bringing the group conscience that they see that dualpurpose breaks Tradition Five's singleness of purpose and Tradition Seven and self-supporting. Michael further stated, he personally gets a lot out of the Eat & Speak and enjoys listening to Al-Anon and it is a way to unity for him. Michael hopes he did not bring the wrong question to his group as he was not present for August 18th Intergroup meeting. The question he brought to Miracle Group was, "Does it break any traditions?" Seven group members agreed Eat & Speak does break traditions and one was opposed. They think it is a great meeting and camaraderie, good for A.A. but, is it necessary for Intergroup to fund something that is also going to Al-Anon and Al-Anon funding something that is A.A.? There is concern this may be opening the door for N.A. and Gamblers Anonymous, etc. "Overall, we think it's a good thing but, yes, we think it's breaking the traditions." The motion to keep Eat & Speak as it is with the exception of changing the verbiage of 7th Tradition contributions by A.A. members only, carried with substantial unanimity. Suji G., volunteered to create "7th Tradition contributions for A.A. members only please" signs for Eat & Speak, approved. Rick V (Eat & Speak Chair) will change format verbiage.

#### **NEW BUSINESS**

Jamie came up with four possible options for Oct Intergroup Breakfast and welcomes hearing other options. 1. Do not have the Intergroup Workshop because it is a nonvoting year and have Intergroup committee Speaker(s). 2. Have it second Sunday (Oct 12th) with no breakfast and Intergroup Committee Speaker(s). 3. Cancel the breakfast all together and have an Intergroup/Central Office low cost "Open House" event @ 4 9th Ave, Building A, Suite A, Shalimar, FL 32579. 4. Not do anything for the month of October. Jamie stated, if we steer away from the workshop, which was driven by voting, that we do not need to skip the first week because we could still do a Speaker breakfast without entire Intergroup committee present. There was discussion. Rick V. raised the likelihood members who consistently attend IG Breakfasts will not be aware of date changes. Rick likes the idea to keep IG Breakfasts on normal first Sundays of October and November months and to have Open House event on another date. Suzie B. agrees with Rick, "Alcoholics don't like changes. I know some elderly people make it a purpose to come to the breakfast so, I am with Rick. It's not about us. They look forward to it and the fellowship." Amber H. motioned to keep IG Breakfast on Oct 5th with Speaker(s). All in favor. Motion carries. October 5th is next monthly Intergroup Breakfast hosted by Intergroup Committee, Speaker(s) TBA. \$8.00 buffet breakfast @ 9:30am and Speaker @ 10:30am. Located @ Amvets Post 78, 910 Valastics Ave in Valparaiso, FL 32580. (NOTE 9-19-25 Speakers will be Jamie L., and Elizabeth P). Elizabeth P. asked to keep November IG Breakfast on the 2nd and to have \$100.00 to provide attendees donuts and juice. Amber H. motioned to keep IG Breakfast on November 2nd and \$100.00 stipend to provide donuts and juice. Janna K. seconds. All in favor. Motion carries. Open House: Rick V. withdraws motion to host both IG Breakfast and Open House. Suji G. stated November and December are holiday months so, October really is the optimal month to host an Open House. "This spanned back from our move here, we just wanted to say thank you. It will be a low-cost event and family, and children are welcome. We'll make it very children friendly." Suji further said, "This is a way to say thank you to everybody." Amber H. added, it is also to show everyone the new space. Rick V. motioned to form an Open House planning committee. Jennifer G. seconded. All in favor. Motion carries. Jennifer G. and Rick V. motioned to volunteer to head Open House planning committee. All in favor. Motion carries. All in favor for Saturday October 18th from 12:00-6:00pm. There were discussions of types of foods and beverages, potluck, etc. Intergroup has supplies from past events and several Intergroup committee members volunteered to bring main dishes. Jennifer G. motioned for \$150.00 stipend for Open House foods and beverages. Not used funds will be returned to Intergroup. Rick V. seconded. All in favor. Motion carries. Street sign: Jamie L. focused on first ordering the smaller sign and we will address the larger main street sign later. He is awaiting the price quote and asked if "District 14 Intergroup/Central Office" is acceptable on the sign. Elizabeth P. suggests omitting the circle and triangle symbol on the sign. Suji G. referenced GSO's Use of the Circle/Triangle Symbol (SM F-113) which states, "Consistent with A.A.W.S.' original purpose in protecting the circle and triangle mark, that is, its desire to avoid the appearance of association or affiliation with outside goods and services, A.A.W.S. phased out its own "official" use of the circle and triangle symbol on, or in connection with, its literature and other materials, and its services." Suji stated, "They tried to reel it in, but they can't, because we still use it on t-shirts and everything like that. My concern is, it's not an official A.A. thing and Intergroup is a corporation. So, it is kind of considered like an outside enterprise. It's weird because we serve A.A., but we're not A.A. I know we had the circle and triangle on the street sign before, but after reading that notice, I thought twice about it." Johnnie C. inquired if the existing wooden "District 14 Intergroup/Central Office" sign currently positioned sideways in the Book Fund room window will be mounted to the exterior wall. Jamie suggested Johnnie may secure the sign to exterior wall during his upcoming Friday office shift.

#### **GROUP REPORTS**

- An AA Group (Amber H) meet's Mon, Weds, Fri @ 8:00am @ Christ the King Episcopal Church, 480 North County Highway 393, Santa Rosa Beach, FL 32459. Big Book study. "Our numbers have been bananas! We had up to 30 last Wednesday. So we are growing, and we are IN that book! We are doing great!" Their member list is growing as well. No October birthdays at this time.
- Community Group in Mossy Head (Lynn A) Attendance has been steady. No Oct birthdays. They meet on Weds @ 7:00pm and Sun @ 6:00pm. Located @ Mossy Head Community Center, 63 Stewart Circle, DeFuniak Springs, FL 32435
- **Deckhands Group** (Tom W) daily meetings @ 8:00am @ the Niceville Skate Park, 200 Campbell Drive in Niceville, FL 32578. Weds is open Big Book study. Attendance averages 15 and sometimes 20-25 per meeting. They are about to wrap up the Big Book and moving into the 12&12. Six September birthdays, Jeff K. (1st) w/3-years, Marian (6th) w/5-years, Cheryl (18th) w/40-years, Renee (25th) 3-years, Kevin (28th) w/5-years, and Tom W. w/7-years. October 11th 11am-3:00pm picnic open to everyone @ Navarre Beach, Sandpiper Pavilion.
- Early Risers Group (Jason L) they meet Mon-Sat @ 7:00am @ 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. They have a Ladies meeting that has really taken off Mon @ 6:00pm. Zoom meetings daily 6:00am and 7:00pm. Extra credit meeting on Weds @ 5:30pm. Men's meeting on Fri @ 6:00pm which is struggling so, please come and support! They have a few birthdays this month.
- Happy Hour Group (Jason M) they meet Mon-Fri @ 5:30pm @ Alano Club, 52 Beal Parkway Northwest, Fort Walton Beach, FL 32548. Topic format meetings. Sept daily attendee average 27. Seven new group members! Chris P. celebrating 1-year this month. They celebrate birthdays on the last Fridays of the month.
- Lakeview Group (Suzie B) meetings are well-attended. They now have three group members. Last Thursday of each month is a Speaker meeting. Sept 25th Speaker is Joy A. (deckhands Group). Located @ First Presbyterian Church, 1063 Circle Drive, DeFuniak Springs, FL 32435.
- Living Sober Group (Deb B) they meet on Fridays @ 8:00pm. Located at Navarre Methodist Church, 9474 Navarre Parkway, Navarre, FL 32566. No birthdays this month but, they have cake no matter what! Jason L. added, Twelve Oaks is getting bused over there again.
- Miracle Group (Michael M) they meet on Tues @ 8:00pm in the all-purpose room @ St. Mary's Parish Life Center, 165 Coral Drive SW, Fort Walton Beach, FL 32548. Speaker on first Tuesdays of the month. Every other Tuesday is a topic out of the first 164 pages of the Big Book and chairperson has the choice of topic. Last Tuesdays of the month is anniversary with cake. Oct birthdays Chris B. w/4-years and Jen B. w/4-years. They have total of twelve members, and most have service positions. Average meeting attendance is about 15 to 25.

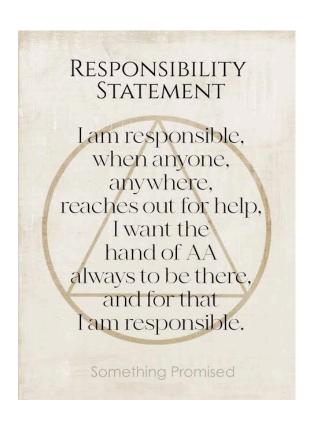
Group Reports continued...

- Navarre Fellowship Group (Natasha G) they meet Mon-Sat @ 12:00pm @ Saint Augustine Episcopal Church, 7810 Navarre Pkwy, Navarre, FL 32566. Birthday celebrations on the last Friday of the month. Fridays are 12&12 book study, Thursdays are As Bill Sees It. Mon, Weds, Sat are open discussion, and Tuesdays are Big Book study meetings. One Oct birthday. The group is discussing having a potluck lunch once a month though, have not yet set a date. They have new engraved wooden visitor chips!
- **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. Thursdays are rotating meetings. First Thurs of the month are beginners' meetings and third Thurs of the month are Tradition meetings. One November birthday.
- Rule 62 Group (Jennifer G) they meet 7-days a week @ 6:30am @ Alano Club, 52 Beal Parkway Northwest, Fort Walton Beach, FL 32548. They have different meeting formats on different days.
- Third Tradition Group (Joe S) Mon @ 8:00pm closed 12&12 book study and Weds @ 8:00pm closed Big Book study. Located @ Shalimar United Methodist Church, 2 Meigs Drive, 1st Floor, Bldg 2, Shalimar, FL 32579
- Young at Heart Group (Aaron N) they meet on Tuesdays @ 7:00pm @ First Presbyterian Church, 134 Beal Parkway Southwest, Fort Walton Beach, FL, 32548.

Membership is currently lacking though; they had 24 attendees last week. "We have great potential for a great meeting there, and hopefully we'll get our affairs and orders to attract more people and get some literature and stuff over there." One Sept birthday, Holland C. w/1-year.

#### **CLOSING**

• Next Intergroup meeting on October 20, 2025 @ 6:30pm @ Intergroup/Central Office. Located @ 4 9th Ave, Building A, Suite A, Shalimar, FL 32579 To Attend on Zoom – Meeting ID: 854 8645 8921 – Password: service. Motion to adjourn meeting @ 7:29pm. Closed with the "We" version of the Serenity Prayer.



# Treasurer's Report

# **Book Fund Report**

Total Expenses	\$3,561.63
Begining Checking Balance	\$15,713.43
Income	\$2,981.37
New Checking Balance	\$15,133.17
Prudent Reserve (Savings End Bal.)	\$7,597.10

Total Expenses	\$2,201.64
Begining Checking Balance	\$6,421.39
Income (07/22- 08/18)	\$1,484.32
New Checking Balance	\$5,704.07

#### 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:

