



ODAT



NEWSLETTER AUGUST 2011

One Day at a Time

AUGUST, 2011

Alcoholics Anonymous Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experiences, strength and hope with each other that they may solve their common problem and help others to recover from **Alcoholism**.

The only requirement for membership is an honest desire to stop drinking. A.A. has no dues or fees. It is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, and neither endorse or oppose any causes. Our primary purpose is to stay sober and help other **alcoholics** to achieve sobriety.

8th Concept

FROM THE TWELVE CONCEPTS FOR WORLD SERVICE

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 of custodial oversight which they exercise through their ability to elect all directors of these entities.

8th Step

(page 71, 12 & 12)

“Made a list of all persons we had harmed, and became willing to make amends to them all”

8th Tradition

Page 166, 12 and 12

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

2011 Calendar

AUGUST 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 GSR meeting @ AMVETS 6:30 PM	2 New meeting "Drop the Rock" at Mossy Head Community Center at 6 PM	3	4	5	6 Corrections at Central 9:30 AM Powerless group Speaker Meeting 8 PM
7 AMVETS B'fast 9:30 AM, Speaker at 11 AM	8	9	10	11	12	13 Powerless group Speaker Meeting 8 PM
14	15 Central Office Intergroup meeting 6:30 PM	16	17	18	19	20 Powerless group Speaker Meeting 8 PM
21 Canoe Trip !! See Michele for details... 850-259-4171	22	23	24	25 Happy Hour Group Bday 5:30 PM Mens Group Bday meeting 7 PM Summer Serenity at the Beach Conference	26 Serenity Group B'day Meeting 8 PM Summer Serenity at the Beach Conference	27 Powerless group Speaker Meeting 8 PM Summer Serenity at the Beach Conference
28 Weekenders Bday meeting 7 PM Summer Serenity at the Beach Conference	29 SUGS Bday meeting Noon	30 Dedication Group Bday meeting 6:30 PM	31 Care Group Bday meeting 8 PM			

TWELVE REWARDS OF SOBRIETY—ALCOHOLICS ANONYMOUS

- ✓ HOPE INSTEAD OF DESPERATION.
- ✓ FAITH INSTEAD OF DESPAIR.
- ✓ COURAGE INSTEAD OF FEAR.
- ✓ PEACE OF MIND INSTEAD OF CONFUSION.
- ✓ SELF-RESPECT INSTEAD OF SELF-CONTEMPT.
- ✓ SELF-CONFIDENCE INSTEAD OF HELPLESSNESS.
- ✓ THE RESPECT OF OTHERS INSTEAD OF PITY AND CONTEMPT.
- ✓ A CLEAN CONSCIENCE INSTEAD OF A SENSE OF GUILT.
- ✓ REAL FRIENDSHIP INSTEAD OF LONELINESS.
- ✓ A CLEAN PATTERN OF LIFE INSTEAD OF A PURPOSELESS EXISTENCE.
- ✓ THE LOVE AND UNDERSTANDING OF OUR FAMILIES INSTEAD OF THEIR DOUBTS AND FEARS.
- ✓ THE FREEDOM OF HAPPY LIFE INSTEAD OF THE BONDAGE OF AN ALCOHOLIC OBSESSION.

Right where I left off

After five years in the program of AA, I thought I understood the true nature of the disease. I also thought I was spiritually fit. I still attended weekly AA meetings, although sporadically. I'd become comfortable.

One day someone said something that hurt my feelings. I let all the pain I had ever experienced in my life hurt me once again. I cried and cried about it. But I didn't call my sponsor. Later that day, I gave a neighbor a ride home from the store near my house. We were to have lunch, but I had five shots of vodka instead. I attempted to move my car and ended up in a cell downtown. It was just that quick. My disease is truly cunning, baffling, and powerful and had reared its ugly nature once again only this time, my consequences were steep. All the times I had driven drunk and now I had gotten a DUI in my own driveway! It is true that you pick up right where you left off. At least, it was true for me.

For the past six months, I have been leading a sober life again, sharing daily with a wonderful sponsor and praying and meditating. These things have helped me "grow through the pain". God has once again helped me through. My anger, fear, and resentment have healed. I am truly at peace with myself. As long as I allow God to do his will in my life I can stay sober. Today, I value my sobriety. I make better choices, set firmer boundaries and read and write daily literature. Each day I take one day at a time leads me on my journey in recovery.

Susan M. Cols, Ga.

Grapevine August 2010

Current Membership

It is estimated that there are more than 114,000 groups
And over 2,000,000 members in over 180 countries.

HAPPY BIRTHDAY TO ALL!

WEEKENDERS GROUP

Leslie M. 8/06/10 – 1 Year
Steve W. 8/05/1995 – 16 Years
Ben C. 8/05/08 – 3 Years
Ben V. 8/14/1999 – 12 Years

MEN'S GROUP

Troy L. 8/28/1977 – 22 Years

CARE GROUP

Terry B. 8/26/1956 55 Years

RISE AND SHINE

Mike W. 8/01/1989 – 22 Years
Jim W. 8/19/2000 - 11 Years
Mike G. 8/05/08 - 3 Years
Casey M. 8/15/09 - 2 Years

HAPPY HOUR GROUP

Frank - 12 Years
Eddy - 8 Years,
Barry - 4 Years

STRAIGHT-UP GROUP

Terry F. 8/15/09 – 2 Years
Anna H. 8/20/09 – 2 Years
Betty McD. 8/30/1998 – 13 Years
Andrejz C. 8/06/09 - 2 Years

SERENITY SISTERS

Shelly K. 8/17/10 - 1 Year
Pam C. 8/21/10 - 1 Year

MIRACLE GROUP

Clyde R. 8/18/1994 – 17 Years

SECOND CHANCE GROUP

DAVID F. 8/18/05 – 6 YEARS
ROBERT N. 8/07/01 - 10 YEARS
NATHAN R. 8/02/08 – 3 YEARS

BROWNBAGGERS GROUP

David C. 8/11/92 – 19 Years
Brandon B. 8/1/10 – 1 Year
Robert N. 8/17/01 – 10 Years
Georgina H 8/15/01 - 10 Years
Paul M. – 8/26/06 – 5 Years
Nicole S. 8/22/08 – 3 Years
Robin C. 8/265/09 – 2 Years

District 14 Intergroup Treasury – June 21 – July 18, 2011

Prudent reserve as of 06/30/11 \$9,352.98

2011 Year Report

Total Income \$ 8,708.14

Total Expenditures \$ 11,027.27

Net Cash Flow \$ -2,319.13

Current Month Beginning Balance \$3,179.89

Total Income \$ 2,264.71

Total Expenditures \$ -1,497.30

Net Cash Flow \$ 767.41

Ending Balance \$ 3,947.30

Highlights From Report Respectfully prepared 7/18/11 by Mary Ann R, Treasurer

BOOK FUND FINANCIAL SUMMARY 06/21/11 -18/18/11

INCOME	Amount	Date
STARTING BALANCE	\$ 2,924.96	06/21/2011
TOTAL INCOME THIS PERIOD	\$ 1,564.58	
BALANCE + INCOME	\$ 4,489.54	
TOTAL EXPENSES THIS PERIOD	\$ 76.50	
ENDING BALANCE	\$ 4,413.03	7/18/2011

Highlights From Report Respectfully prepared by Bob L., Book Fund Treasurer

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24 Hollywood Blvd. SW, Suite 7, Fort Walton Beach, FL 32548
(850) 244-2421**

www.fwb-area-aa.org

For Comments or Suggestions: editorodat@hotmail.com

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AA DISTRICT 14 INTERGROUP ANNOUNCEMENTS

- **Next Breakfast Meeting Sunday August 7, 2011 at AMVETS 910 Valastics Ave., Val'P. Hosted by Serenity Sisters. Breakfast \$6.00 (optional). Starts at 9:30 AM Speaker Meeting 11 AM.**
- **Next Alkathon, Saturday, Sept. 24, 1st Presb. Church, 134 SW Beal Pkwy (5PM – 8:15PM hosted by GSR Committee.) Speaker at 7 PM (Bring covered dish),**
- **Next Intergroup Committee Meeting 6:30PM, Mon Aug. 15, at Central Office,**
- **Sunshine Convention fund raiser Dinner every second Saturday of the month From 5pm to 7pm at the Serenity Triangle House 704 E. Robinson Ave. Crestview**
- **9th Annual Summer Serenity at the Beach on August 25-28, 2011. See fliers at Central Office.**
- **Celebration by the Sea, October 21-23, 2011 at Panama City Beach**
- **Serenity Sisters celebrates 3 years as a group on November 1, 2011. Their birthday is July 15, 2008.**
- **Gulf Coast Roundup February 17-19, 2012 at Ramada Plaza Beach Resort on Miracle Strip Parkway, FWB. See fliers at Central Office.**

Then it seems we have no recourse, we can always pray.

Prayer of St. Francis

Lord, make me a channel of thy peace – that where there is hatred, I may bring love –that where there is wrong, I may bring the spirit of forgiveness – that where there is discord, I may bring harmony – that where there is error, I may bring truth—that where is doubt, I may bring faith – that where there is despair, I may bring hope — that where there are shadows, I may bring light – that where there is sadness, I may bring joy. Lord, grant me that I may seek rather to comfort than to be comforted – to understand, that to be understood – to love than to be loved. For it is be self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen.

St. Francis of Assisi.

Reprinted from the 12 Steps and 12 Traditions of Alcoholics Anonymous pg. 99, with permission of AA World Services, Inc.

Serenity Prayer

God grant us the serenity to accept the things we cannot change, the courage to change things we can, and the wisdom to know the difference.

Reprinted from As Bill Sees It pg. 20, with permission of AA World Services, Inc.

The Seventh 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

Reprinted from the Big Book of Alcoholics Anonymous pg. 76, with permission of AA World Services, Inc.

Legacy of resentment

Chains of bitterness toward his mother are shattered through forgiveness

Returning from school, halfway down the hall leading to my apartment, I smelled the familiar mixed odors of the smoke and booze. With dread in my heart, I knew what I was about to face: my drunken mother in her messy housecoat, sitting on a chair in our kitchen, no makeup, hair awry, cigarette in hand and holding a glass of booze.

Grapevine 12/2000

Sobriety is contingent on.....

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all our activities. "How can I best serve Thee – Thy will (not mine) be done." These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.

AA Big Book, page 85

RESPONSIBILITY DECLARATION

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.

And for that I am responsible.

-Pledge of the 30th Anniversary International Convention.

