

Happy  
Joyous  
and free

# ODAAAT



NEWSLETTER

**One Day at a Time**

***DECEMBER-2011***

## **Alcoholics Anonymous Preamble**

Alcoholics Anonymous is a fellowship of men and women who share their experience, 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 a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other **alcoholics** to achieve sobriety.

## **12th Concept**

### **FROM THE TWELVE CONCEPTS FOR WORLD SERVICE**

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, wherever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

## **12<sup>th</sup> Step**

**(Page 106, 12 & 12)**

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

## **12<sup>th</sup> Tradition**

**(Page 184, 12 & 12)**

“Anonymity is the spiritual foundation of All our traditions, ever reminding us to Place principles before personalities.”

# 2011 Calendar

## December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Corrections at Central 9:30 AM
4 AMVETS B'fast 9:30 AM, Grapevine Committee Workshop	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Central Office Intergroup meeting 6:30 PM	20	21	22	23	24
25 Weekenders B'day meeting 7 PM Mossy Head Speaker Meeting 6:00 PM	26 SUGS B'day meeting Noon	27 Dedication Group B'day meeting 6:30 PM	28 Care Group B'day meeting 8 PM	29 Happy Hour Group B'day 5:30 PM  Men's Group B'day meeting 7 PM	30 Serenity Group B'day Meeting 8 PM  Friday Night Ladies B'Day Meeting 7:00 PM	31 Rise and Shine B'day 8 PM

# Happy Birthday to All

## MEN'S GROUP

Neil G 12/23/1984 27 Years  
Vince 12/20/1992 19 years

## PRIMARY PURPOSE GROUP

Cathy H. 12/20/1986 25 Years  
Jan M. 12/28/05 6 Years  
Robin H. 12/07/09 2 Years

## STRAIGHT UP GROUP

Susan L 12/1/10 1 Year  
Tom I. 12/06/1995 16 Years  
Bob F. 12/06/1995 16 Years  
Susan H. 12/11/07 4 Years  
Nick S. 12/15/08 3 Years  
Mike M. 12/16/03 8 Years  
Monica D. 12/31/09 2 Years

## THRID TRADITION GROUP

Tim W. 12/18/09 2 Years  
Young Joe S. 12/18/09 2 Years

## WEEKENDER'S GROUP

Ray D. 12/10/09 2 Years

## 2<sup>ND</sup> CHANCE GROUP

Bobby C. 12/18/05 6 Years  
Eddie M. 12/23/06 5 Years

## MIRACLE GROUP

Mike D. 12/23/1999 12 Years

## HAPPY HOUR GROUP

Dave A 12/27/03 8 Years

We would like to include all birthday announcements for our district in the ODAT. Please send birthday information to [editorodat@hotmail.com](mailto:editorodat@hotmail.com) no later than the 3<sup>rd</sup> Friday of the preceding month. Thank you.

**District 14 Intergroup Treasury - Oct. 18, 2011 - Nov. 21, 2011**

**Prudent reserve as of 06/30/2011 \$9,352.98**

2011 Year Report

Total Income	\$	13,128.94		
Total Expenditures	\$	17,376.47		
			Net Cash Flow	\$ -4,247.53

**Current Month Beginning Balance \$2,776.18**

Total Income	\$	736.86
Total Expenditures	\$	1,494.14
Net Cash Flow	\$	-757.28
<b>Ending Balance</b>		<b>\$ 2,018.90</b>

Highlights from Report Respectfully prepared 11/21/11 by Mary Ann R., Treasurer

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**BOOK FUND FINANCIAL SUMMARY Oct. 18, 2011 - Nov. 21, 2011**

<b>INCOME</b>	<b>Amount</b>	<b>Date</b>
<b>STARTING BALANCE</b>	<b>\$ 1,922.26</b>	<b>10/17/2011</b>
<b>TOTAL INCOME THIS PERIOD</b>	<b>\$ 1,331.13</b>	
<b>BALANCE + INCOME</b>	<b>\$ 3,253.39</b>	
<b>TOTAL EXPENSES THIS PERIOD</b>	<b>\$</b>	
<b>ENDING BALANCE</b>	<b>\$ 3,191.44</b>	

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

We had to recognize the fact that A.A. had to function. Meeting places cost something. To save whole areas from turmoil, small offices had to be set up, telephones installed, and a few full-time secretaries hired. Over many protests, these things were accomplished. We saw that if they weren't, the man coming in the door couldn't get a break. These simple services would require small sums of money which we could and would pay ourselves. At last the pendulum stopped swinging and pointed straight at Tradition Seven as it reads today.

Twelve Steps and Twelve Traditions page 161-162

## AA DISTRICT 14 INTERGROUP ANNOUNCEMENTS

### DECEMBER

3<sup>rd</sup> Saturday \* 9:30 am Corrections Committee, Location: District 14 Central Office.

4<sup>th</sup> Sunday \* Breakfast, 9:30 AM \$6.00 – Breakfast Buffett open, 11:00  
Grapevine committee workshop: AMVETS Post 78

10<sup>th</sup> Saturday \* 2<sup>nd</sup> Annual Sunshine Convention Fundraiser Dinner 5:00  
Dinner ~ \$6.00 a plate, 6:00 PM Speaker ~ Mark K. (Destin)

19<sup>th</sup> Monday \* 6:30 PM Central Office Intergroup meeting.

25<sup>th</sup> Sunday \* Weekenders Birthday meeting 7 PM Mossy Head Speaker  
Meeting 6:00 PM

26<sup>th</sup> Monday \* 12:00 pm Straight Up Group Birthdays. Location: Alano Club

27<sup>th</sup> Tuesday \* 6:30 pm Dedication Group Birthdays. Location: Wright  
Baptist Church

28<sup>th</sup> Wednesday \* 8:00 pm Care Group Birthdays. Location: White Sands  
Manor

29<sup>th</sup> Thursday \* Happy Hour Group Birthday 5:30 PM  
Men's Group Birthday meeting 7 PM

30<sup>th</sup> Friday \* Serenity Group Birthday Meeting 8:00 PM  
Friday Night Ladies Birthday Meeting 7:00 PM

### JANUARAY AND BEYOND

February 17<sup>th</sup> – 19<sup>th</sup> , 2012 Gulf Coast Roundup: Location: Ramada Plaza Beach  
Resort, Okaloosa Island.

May 18<sup>th</sup> – 22<sup>nd</sup> , 2012 Second Annual SunShine Convention  
Crestview Community Center 1446 Commerce Dr., Crestview

LOCATIONS OF ABOVE EVENTS:

- Alano Club: 52 N. Beal Pkwy, FWB
  - AMVETS Post 78, 910 Valastics Ave, Valparaiso
  - Buster's Place 125 Poinciana Blvd, Miramar Beach
  - Camel Club 249 East Hewett Rd. Santa Rosa Beach
  - District 14 Central Office: 24 Hollywood Blvd, SW, Suite 7, FWB
  - Mossy Head Group Highway 90, Mossy Head
  - Serenity Triangle House, 704 E. Robinson Ave, Crestview
  - White Sands Manor, 4 SE Windham Ave., FWB
  - Wright Baptist Church, 795 N. Beal, FWB
- District 14 Committee needs your help. Someone to attend intergroup meeting and take minutes, then type them up within a few days of the meeting.
  - Looking for 2 Trusted Servants to help at Central Office, Monday from either 12:00 PM to 4:00 PM and Sunday from 12:00 PM to 4:00 PM. Please check your schedule and see if you can commit to half a day per week for service.

GROUP ANNOUNCEMENTS

Brownbaggers Group – Meeting everyday at noon Camel Club SRB.

Mossy Head Group – Last Sunday of the month 6:00 PM Speaker Meeting

Friday Night Ladies Group – Last Friday of the Month Birthday Celebration 7:00 PM

Miracle Group – 1<sup>st</sup> Tues of the Month Speaker Meeting

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Area 1 Assembly Dates for 2012....  
2012 Calendar

<b>January 13-15</b>	<b>AREA ASSEMBLY-</b> Motel 6 Governors House 2705 East S. Blvd., Montgomery, AL. 334-228-2800
<b>February 3-5</b>	<b>HUNTSVILLE ROUNDUP XXI</b> - Holiday Inn Select 401 Williams Ave., Huntsville, AL. 256-837-2268
<b>April 13-15</b>	<b>AREA ASSEMBLY</b> – Motel 6 Governors House 2705 East S. Blvd., Montgomery, AL. 334-228-2800
<b>April 20-28</b>	<b>GENERAL SERVICE CONFERENCE</b> Rye, NY.

TO ALL GROUPS THAT WOULD LIKE TO HAVE THEIR MEMBER'S BIRTHDAYS PRINTED IN  
THE ODAT EACH MONTH  
PLEASE  
EMAIL YOUR BIRTHDAYS WITH DATES AND YEARS OF SOBRIETY TO:

[editorodat@hotmail.com](mailto:editorodat@hotmail.com)

WE REALIZE THIS MAY BE DIFFICULT, HOWEVER IT WILL ASSURE YOUR MEMBER'S GET  
THE RECOGNITION THEY HAVE EARNED, IN PRINT, EACH MONTH.

DUE TO THE SIZE OF THE DISTRICT AND THE NUMBER OF GROUPS, WE FEEL THIS IS THE  
BEST WAY TO ACCOMPLISH THIS.  
THANK YOU SO MUCH FOR YOUR COOPERATION.  
ODAT EDITOR.

**Powerless Meeting  
52 Beal Parkway  
Fort Walton Beach, Fl**

**8:00 PM Saturday Evening Speaker Meeting  
December 2011**

**12-3 Karyn F.  
12-10 Tim W. (Rise and Shine Group)  
12-17 Dale W. (Buster's)  
12-24 Debbie L. (Straight up Group)  
12-31 Mickey O. (Buster's)**

**THE 12-STEP CALL**  
**...for that**  
**I am responsible**

**First, a little HISTORY.**

In 1935, Bill W. was desperately trying to stay sober. He thought that if he could talk to another alcoholic it might help. This thought turned into a fateful meeting with Dr. Bob and the rest is history.

We now have a huge worldwide fellowship where each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength and hope.

*(Forward to the Third Edition, pg xxii).*

Our fellowship is now over three million strong and with **your** help, we can add one more. You can save a life!

**What exactly IS the 12-STEP LIST anyway?**

The 12-Step List is a list of names and phone numbers, by area, of men and women who are willing to respond to the person who has called AA for help, day or night. These are men and women, who believe it is very important to give back what was so freely given to them. By doing so, they are fulfilling the 12th Step of their own program while ensuring that the hand of AA really is there for the suffering alcoholic.

**How does it WORK?**

The Office Volunteers, and the answering service, refer to this list, whenever there is a need, to assign a 12-Step call. You would receive the name and phone number of the person who needs help in your area. *Men are assigned to men and women to women.* You would call back and start the process rolling.

**What are the requirements to do this work?**

Willingness to help a human being suffering from our disease is the most essential ingredient. It is also suggested that you have at least six months of sobriety and reread Chapter Seven, *Working with Others*, for helpful instructions. When called, you should be able to respond quickly. When called, you should be able to respond quickly. If you cannot make this kind of commitment, please reconsider being on the list. The life of an alcoholic could depend on you.

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To get on our 12 step list,  
Please

Forward or mail this information to:  
District 14 Intergroup Central Office 24 Hollywood Blvd. #7  
Fort Walton Beach, Florida 32549

You may also call the office at 850-244-2421 or E-mail to [office@ig.gccoxmal.com](mailto:office@ig.gccoxmal.com)

**THANK YOU VERY MUCH FOR BEING OF SERVICE**

Name                      City                      Phone#                      Best time?

## *GROUP OF THE MONTH*

### **"Buster's For Sobriety"**

**Established**

**November 1988**

**GRS = Paul Fox**

**The Buster's for Sobriety group was formed in the summer of 1989 by the following: Ocie F., John M., John K., Wade W., Dale W., George S. and Ed L. They first met at Wayside Park, Miramar Beach, Destin, Florida.**

**In the fall of 1989, the meeting moved to Buster's Bar and Grill (also known as "Buster's Place") in the grocery store plaza at Sandestin, and became a registered group.**

**Meetings are held daily at 8:00 AM.**

**Average group membership is now approx 135; with average attendance at 80 to over 100 people each day.**

**All meetings are open discussion.**

**Only one meeting has ever been cancelled, and that was due to Hurricane Opal ( Oct. 4, 1995). Two people showed up that day but the building was closed.**

**Buster's has an exceptionally large number of visitors from all over the USA and Abroad. Many are annual repeaters, and spread the word about Buster's far and wide.**

Information gathered from archives and GSR Paul Fox.

Seb N. had his last drink while living in Seattle, Washington. His sobriety date is December 27, 1976 and he has continued on his sober journey in our area for many years. Seb's home group is the Val-P Hope Group which meets at the Holy Name of Jesus Church in Niceville.

Q. Please tell us about your decision to stop drinking.

A. I had grown up in an AA and Al-Anon family. My parents had taken me to meetings and that had a big impact on me. I knew about alcoholism in the family from early on. My own drinking started once I was in my twenties and in graduate school in 1968. I drank sporadically, not for a long time, but was unable to control my reactions when I did drink. My family background alerted me to alcoholism so I knew I had a problem. On December 27, 1976, I asked God to help me stop. A prayer from the heart, "I need your help; I do not want to do this anymore." I was able to stop, with God's help. I turned to a 1954 first edition 24 Hours a Day book that my Al-Anon parent has given me when I was younger. That's how I stayed sober. Being in a very religious environment reinforced and helped me avoid drinking. Later I got the Big Book.

Q. Did you work the Steps with a sponsor?

A. I did but not for quite some time. I was not drinking due to the grace of God, but I was not working the program fully and was on a dry drunk. I was able to remain sober but I was restless, irritable and discontent with anger and resentment over all sorts of problems. I found from personal experience that a dry drunk is as lethal as a wet drunk if you do not deal with it. I learned the hard way that you need the 12 Steps; you need the program and the fellowship...even if you are a high-bottom drinker. The lack of serenity triggered my diabetes and ate on my heart literally. I ended up with two small strokes (TIAs) and needing open heart surgery (a quadruple bypass), followed a year later by cancer surgery. I really feel that this all was from the bitterness and anger that was built up. We need to discharge these feelings. I needed a sponsor, the 12 Steps and AA Fellowship. Working the program fully is what gave me a great deal of serenity. The greatest benefit for me is piece of mind and heart! Working the Steps and using the serenity prayer has relieved my resentments. The promises have occurred in my life.

Q. What do you recommend in choosing a sponsor and do you still have a sponsor?

A. Yes, I have a sponsor, not the same one who initially took me through the 12 Steps. You might outgrow your sponsor but never your need for a sponsor. Different needs as we grow might be met by different sponsors over time with other experiences. Basic traits I look for in quality sponsors are: Trust that the sponsor will not reveal intimate information; willingness to listen, not just direct; and can give honest advice. Nobody has a whole command of everything and although I have my primary sponsor, there are others who I approach for different aspects.

Q. What advice do you offer dry drunks and newcomers?

A. Coming up the hard way I strongly advocate to get a sponsor, work the Steps given in the Big Book, get a group, and be part of the fellowship! This is invaluable. This is not just a program of achieving sobriety but of recovery.

Q. We are a diverse group and find different ways to perform 12 Step work. Have you found a form of

giving 12 Step service that works for you?

A. Actively attending meetings and sponsoring works well. Also gently encouraging others to try AA, this is something we all can do...witness to the value of AA to others that we associate with that are having problems with alcohol, you are really doing this for the Lord you know. (*Your Higher Power as you understand Him or Her*).

Q. Not everyone can sponsor, do you have any advice for other forms of 12 Step work?

A. Being part of the fellowship by attending meetings can be service. Think of others. There are all sorts of alcoholics and sometimes there is a tendency to over empathize low-bottom drunks with extreme stories which can intimidate those with less dramatic experiences. We can be warm, open to all of our fellow drunks, and make an effort to welcome others without scaring them away. If you go to meetings, take a positive approach of welcoming others, greet newcomers by responding to their overture (the effort and courage they show by attending a meeting), accept them as they are and allow them to come into their own instead of demanding they meet your schedule. The meetings are to help each other in recovery, a neutral place where we can simply share our journey without "axes to grind" provoking others into arguments or trying to proselytize. Be tolerant of others; do not rush to judgment and run newcomers off.

Some of our slogans that have helped Seb include "Meeting Makers Make It"; "Pay Attention, Look to Learn From Everybody"; and praying the Serenity Prayer.

"Interview By Gemi R.

Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

**Having had a spiritual awakening as the result of these steps,** By doing the steps to the best of my abilities, I realized that life is not all about me and became willing to consider how reality appears from others point of view. Am I the alcoholic who coldly bristles with "self-sensitivity" lashing out at perceived slights or threats to myself image? Or am I the alcoholic oozing warmth and understanding from "other-sensitivity" ready to help and ready to let it go as God's business?

**we tried to carry this message to alcoholics,** We make an effort to share the message of a life without drinking, **we carry** the message instead of keeping it to ourselves or the other extreme of demanding others carry it for us.

**and to practice these principles in all our affairs.** Not just in meetings (a good place to be loving and tolerant). To be generous of self and think of others in all our activities. We do this imperfectly and that is all right, as long as we keep trying. The inventory process will help us uncover sicknesses of camouflaged self-martyrdom, self-pity, fear, etc. We need a purpose in life, a sense of mission, a reason to be alive. Why not take on the path we have been treading already? Can we not use the painful experiences of our drinking life to grow spiritually into serene sobriety that we can gently share with other.

