



ODAAT

JANUARY 2012

One Day at a Time

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.

1st STEP

We admitted we were powerless over alcohol--that our lives had become unmanageable.

1st TRADITION

Our common welfare should come first; personal recovery depends upon A.A. unity.

1st CONCEPT

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

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.

32548 (850) 244-2421 (www.fwb-area-aa.org). For Comments or Suggestions: editorodat@hotmail.com The "One Day at a Time" newsletter is published periodically for your enjoyment and information. The opinions expressed in this publication are those of the editorial staff and contributors--Not necessarily of the A.A. ® Fellowship as a whole. A.A. ® and Alcoholics Anonymous® are registered trademarks of A.A. World Services, Inc.

ANNOUNCEMENTS

- **District 14 Service Work...Three trusted servant openings at central office; Half day shift, once a week: Monday 12:00 AM to 4:00 PM; Wednesday 8:00 AM to 12:00 PM; or Sunday 12:00 PM to 4:00 PM.**
- **The District 14 website is www.fwb-area-aa.org, It is really good and informative. You can find out about meetings and upcoming events. There are also several years of our newsletter there for online reading. Dave R. our webmaster may be reached at webservant@fwb-area-aa.org.**
- **Mossy Head Group: Sunday night meeting meets at 6 PM. Wednesday night meets at 7 PM. We need support on Wednesday night.**
- **The Tuesday 6:00 PM Forgotten Steps Ladies Closed Meeting has a name change. The new name is Ladies Drop the Rock Closed Meeting: Tuesday night at 6:00 PM till 7:00 PM at the Mossy Head Community Center Building.**
- **The Saturday 7:00 PM meeting of the Baker Group has changed meeting location. The new meeting location is the Masonic Lodge on Highway 189 across the road from the pharmacy in a two story white building on left just North of the Baker traffic light.**
- **CANCELLED and no longer meets: Friday 10:00 PM Candlelight Meeting at 52 N. Beal Parkway; Saturday 7:45 AM meeting of the Navarre Parkway Group; and Sunday 5:30 PM Happy Hour Group Meeting at 52 N. Beal Parkway.**

HAPPY BIRTHDAY!

Beautiful Downtown Baker Group

- Bob McC. 7 Dec 1975 (36 yrs)

Care Group

- Jennifer A. 28 Dec 2004 (7 yrs)
- Michelle K. 16 Dec 2005 (6 yrs)

Friday Nights Ladies Meeting

- Linda J. 22 Dec 2003 (8 yrs)
- Cathy M. 1 Jan 1988 (14 yrs)

Honesty Group

- Jeff G. 21 Dec 1985 (26 yrs)
- Tom M. 25 Dec 1974 (37 yrs)
- Nancy B. 1 Jan 2011 (1 yr)

Primary Purpose

- Angel M. 25 Dec 2009 (2 yrs)
- Cathy H. 20 Dec 1986 (25 yrs)
- Jan M. 28 Dec 2005 (6 yrs)
- Kay R. 11 Dec 2006 (5 yrs)
- Robin H. 7 Dec 2009 (2 yrs)
- Betty K. 14 Jan 2010 (2 yrs)
- Cheryl H. 14 Jan 2006 (6 yrs)
- Kim S. 12 Jan 2010 (2 yrs)
- Lisa F. 1 Jan 2009 (3 yrs)
- Marian H. 12 Jan 2007 (5 yrs)
- Trisha G. 4 Jan 2009 (3 yrs)

Cover to Cover Group

- Sid S. 8 Jan 1984 (28 yrs)
- John O. 1 Jan 2004 (8 yrs)

Ladies Drop the Rock Meeting

- Mable Lois S. 6 Dec 2005 (6 yrs)
- Tina W. 5 Dec 2004 (7 yrs)

Rise and Shine

- Dave A. 29 Dec 2003 (8 yrs)

Straight Up Group

- John B. 27 Jan 2010 (2 yrs)

The Men's Group

- Dave E. 2 Jan 1996 (6 yrs)
- Roger L. 5 Jan 1996 (6 yrs)
- Robb M. 10 Jan 2011 (1 yr)

Weekenders Group

- Clay H. 5 Dec 2006 (5 yrs)
- Ray D. 22 Dec 2009 (2 yrs)
- Cliff W. 17 Jan 1985 (27 yrs)

We would like to include all birthday announcements for our district in the ODAAT. Please send birthday information to editorodat@hotmail.com no later than the 3rd Friday of the preceding month. Birthday notices received after publication will be included in following issue. Thank you.

We would like to know which format you prefer for events - this calendar style or the list style on next page.

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 AMVETS Speaker 11AM	2 GSR meeting @ AMVETS 6:30 PM	3	4	5	6	7 Corrections 9:30 AM Sunshine 5 to 7 PM
8	9	10	11	12	13 Area Assembly 13 – 15 Jan	14 Archives 10 AM Grapevine 11am
15	16 Central Office Intergroup meeting 6:30 PM	17	18	19	20	21 Literature 12 PM
22	23	24	25	26	27	28 PI/CPC 1130AM Treatment 130PM
29	30	31				

AA DISTRICT 14 CALENDAR

JANUARY

1 Jan, Sun **Intergroup Breakfast**, no breakfast--11 AM Speaker:
hosted by Val-P Hope Group, AmVets

2 Jan, Mon 6:30 PM **DCM/GSR** meeting. AmVets

7 Jan, Sat 9:30 AM **Corrections** Committee, Central Office.

7 Sat, Sat **Sunshine Convention Fund Raiser** Dinner and Raffles,
5:00 PM Eat: 6:00 PM Speaker: Linda A., Serenity Triangle House

13 – 15 Jan **Area 1 Assembly**, Montgomery, Alabama

14 Jan, Sat 10:00 AM **Archives** Committee, Central Office.

14 Jan, Sat 11:00 AM **Grapevine** Committee, Central Office.

16 Jan, Mon 6:30 PM **Intergroup** Committee, Central Office.

21 Jan, Sat 12:00 AM **Literature** Committee, Central Office.

28 Jan. Sat 11:30 AM **PI/CPC** Committee, Central Office.

28 Jan. Sat 1:30 PM **Treatment** Committee, Central Office.

FEBRUARY and BEYOND

17 - 19 Feb 2012 **Gulf Coast Roundup**; Ramada Plaza Beach Resort

31 Mar 2012 District 14 **Alkathon** hosted by Living Sober Group

13 – 15 Apr **Area 1 Assembly** Montgomery

LOCATIONS:

- Alano Club: 52 N. Beal Pkwy, FWB
- AmVets Post 78, 910 Valastics Ave, Valpariso
- Central Office, 24 Hollywood Blvd, SW, Suite 7, FWB
- Serenity Triangle House, 704 E. Robinson Ave, Crestview

**Several Members of our District 14 Alcoholics Anonymous Fellowship
Have recently departed...They live on in the changed lives left behind.**

Jamie U.

**In Loving Memory of A fellow alcoholic who passed 1 Dec 2011.
May we keep the family in our prayers.**

Jim L.

1927- 2011

Gone to the Big Meeting

**Jim L. was a member of the Care Group, served as a trusted servant at
the District 14 Central Office for several years and also served as
Intergroup Committee Chairman 2001 - 2002. He will be missed.**

Sarah R.

1924 – 2011

**Greatly beloved by family and friends, always serving others and
supporting them.**

SERENITY PRAYER

(long version)

**God, grant me the Serenity to accept the things
I cannot change
Courage to change the things I can,
and the Wisdom to know the difference.
Living one day at a time; Enjoying one moment at a time;
Accepting hardship as the pathway to peace.
Taking, as He did, this sinful world as it is,
not as I would have it.
Trusting that He will make all things right if I
surrender to His Will; That I may be reasonably happy
in this life, and supremely happy with Him forever in
the next.
Amen**

District 14: INTERGROUP TREASURY November 22, 2011-December 19, 2011

Prudent Reserve as of 06/30/2010: \$9,352.98 (have not rec'd paper statement yet)]

2011 Year Report: Total Income: \$ 14,580.97
Total Expenditures 18,707.27
Net Cash Flow - 4,126.30

Current Month: Beginning Balance 2,018.90
Total Income 1,452.03
Total Expenditures 1,330.80
Net Cash Flow +121.23
Ending Balance 2,140.13

Income: Group contributions & reimbursements:

Busters for Sobriety 300.00
Early Risers 200.00
Promises 150.00
Straight Up 250.00
Happy Hour 75 + 75 150.00
Deckhands 100 + 200 300.00
IG Breakfast net 10.03 30.03
Reimb: Hill Realty 1/3 electric bill 72.00

Expenses & disbursements:

Rent: BDR 435.00
Copy Products 33.00
Cox Communications (cable, net, phone) 159.24
IG Breakfast Rent 20.00
Gulf Power Electric 215.18
Bayside Answering Service billing every 28 days 84.00
Florida Freedom Daily News ad 108.40
Coffee reimbursement 8.99
Carpet Cleaning 65.00
Advance on purchasing office, maintenance supplies 200.00
Checking Account monthly service charge 1.99

Respectfully submitted, Mary Ann R., IG Treasurer

BOOK FUND REPORT

<u>Income</u>	<u>Amount</u>	<u>Date</u>
Starting Balance	\$3,191.44	11/22/2011
Income Deposit	405.00	12/2/2011
Total Income	405.00	
Balance + Income	\$3,596.44	
<u>Expenses</u>		
AAWS	1,128.20	12/6/2011
FL Dept of Revenue	78.12	12/16/2011
Donation	650.00	12/19/2011
Svc Chg	1.99	12/19/2011
Total Expenses this Period	1,858.31	
<u>Ending Balance</u>	1,738.13	12/19/2011

Respectfully Submitted by Bob L.

District 14 Old Timers

Clif W. has been sober since 17 Jan 1985. His home group is Weekenders Group which meets Sat. and Sun. 7:00 PM at 333 Lewis St., Fort Walton Beach.

Q. Clif, would you please tell us how you came into AA and your early sobriety?

A. I've come to Alcoholics Anonymous twice. My first time was in 1978 when a man came into jail in DeFuniak Springs and gave me an offer I could not refuse. He would get me out of jail if I entered detox for the 28-day program. I went to detox and stayed sober for nine months before drinking again and back to Texas. In 1984, after spending six years in Texas, I was back here still drinking. I had lost my place to live and was sleeping in my old station wagon. One morning in January 1985, the 17th, I woke up by a lake near San Destin and went into a 7-11 to buy whatever I could afford to drink, MD 20-20 wine and a pack of Lucky Strikes (I used to smoke). After buying the cigarettes I had a quarter in my hand. There was a telephone booth at the end of the building and I put the quarter in and called my sister and asked for some help. She took me to my brothers' and he drove me to detox. And I have been sober ever since. We were required to attend AA meetings three times a week in treatment. We did not have to get papers signed but were on our own recognizance, so to speak. I finished the detox and 28 day program and started regularly attending AA meetings on my own. I got a sponsor and started working the 12 steps, with a sponsor. I went through three sponsors quickly and then Slayton became my sponsor in 1986. He is still my sponsor today. Slayton is turning 90 years old this month (December) and has 37 years sobriety. He now lives in Pensacola and I see him a once or twice a month. He was active in the Destin group. I got to know him when he was working with the Round up. Most important to me was that I emulated him. Something I did not do all the time as I disagreed with a few things, but most of the time I did follow his example. Over time getting into the groove of AA and watching what happens led me into service work. I got interested in AA and the workings of AA--that's where it is at, as a person progresses. Some work on committees, others visit prison and jails, etc.

Q. What does "Innermost self " in regard to the first step, mean to you?

A. When I read that and discussed it with my sponsor, we came up with the idea in the Twelve and Twelve (page 21, 1962 printing) "We know that very little good can come to any alcoholic who joins AA unless he has first accepted his devastating weakness and all its consequences." The person goes down deep inside (inner being, feeling, thinking--the whole deal...the soul, which we all have) and admits the problem and consequences. This is the first step in recovery. I admitted at my innermost self level, knew my alcohol problem and the results of my problem. Then and only then could I work on it. It might take some time to get this...just

coming to a meeting and stop drinking doesn't mean we know at this level that we are alcoholic. It took me time, working with a sponsor, reading the Big Book (especially the Doctor's opinion) to find out why I drink. I drink because I like the effect produced by alcohol. That sensation was so elusive that after a while, I couldn't differentiate the truth from the false. That life seemed to be the only one. And once I smashed through that barrier, and admitted in my innermost self that I was an alcoholic, and knew what an alcoholic was. If you don't know what is messing up your life, and can't define it and know the results of the problem, then you can't get rid of it. The person needs to develop knowledge of his disease. Most of my knowledge of the disease came from the Big Book of Alcoholics Anonymous. I have to believe Big Book contains the information necessary for my recovery, to know my problem and then work it. The Big Book carries a message that has three important aspects: 1. What is the problem. 2. What is the solution. 3. A planned program of action to bring about the solution to the problem. I feel that those three things a person has to develop and know that a higher power will help him.

Q. Are there any specifics you recommend someone consider when choosing their home group?

A. The sole purpose of an AA group is sobriety through teaching and working of the 12 steps. If the group is doing this then the person can get the desire to be part of this. I recommend a home group that is really staunch on the traditions, members participate in service work. Being involved in the service structure of AA--the committees, etc. is what makes AA work, keeps it going. Each group has a personality; if a person interacts with group for long enough, he will be able to pick up on whether they fit or not. The welcome you feel means a lot, the friendship and sincerity of the members. It is important to see how meetings are conducted. The number one priority is that the group focuses on sobriety; freedom from alcohol and the traditions. The purpose of our meetings is expressed in our preamble...we are coming together to work on our common problem of alcoholism, not other problems...however the other problems get solved as we work the steps. It is not inappropriate to look, search, and test the waters so to speak, to choose a home group with your sobriety in mind. That's what it is all about.

Q. Would you give us a few of your favorite sayings?

A. At my first meeting a man said "If you don't drink, you won't get drunk!" I thought what does he know? Who informed him that? I know that already...but today it is a most important saying to me. By understanding my disease and knowing that if I don't pick up that first drink, I won't get drunk. Something I heard in treatment that stuck with me was: "What you live with you learn, what you learn you practice, what you practice you become, what you become has consequences".

A.A. Slogans

(The road to sobriety is a simple journey for confused people with a complicated disease.)

I can't, He can, I think I'll let Him (Steps 1,2,3).
Sick and tired of being sick and tired.
It's the first drink that gets you drunk.
Don't drink, read the Big Book, and go to meetings.
Keep the plug in the jug. Just for today.
Easy does it. First things first.
Willingness is the key. One day at time.
Live and let live. But for the grace of God.
Look for the similarities rather than differences.
Let go and let God. K.I.S.S.---Keep It Simple Stupid.
You either are or you aren't. Don't quit before the miracle happens.
This, too, shall pass. Keep coming back, it works if you work it.
Stick with the winners. Stay sober for yourself.
We are only as sick as our secrets. Some of us our sicker than others.
There are no coincidences in A.A.. Think think think.
More will be revealed. Sobriety is a journey, not a destination.
Practice an attitude of gratitude.
God is never late. You are not alone.
It takes time. 90 meetings in 90 days.
Where you go, there you are. Remember your last drunk.
Poor me, poor me, pour me another drink.
Nothing is so bad, a drink won't make it worse.
Use the 24-hour plan. Make use of the telephone therapy.
Call your sponsor before, not after, you take the first drink.
Remember that alcoholism is incurable, progressive, and fatal.
Try not to place conditions on your sobriety.
When all else fails, follow directions.
Count your blessings. Share your happiness.
Respect the anonymity of others.
Be part of the solution, not the problem.
You will intuitively know. You will be amazed.
Pass it on. To keep it, you have to give it away.
It's in the book.
It works--it really does! (page 88 in the Big Book)

