



# ODAT



NEWSLETTER

One Day at a Time

October , 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.

## 10th Concept

FROM THE TWELVE CONCEPTS FOR WORLD SERVICE

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

## 10th Step

(Page 88, 12 & 12)

“Continued to take personal inventory and when we were wrong promptly admitted it.”

## 10<sup>th</sup> Tradition

(Page 176, 12 & 12)

“Alcoholics Anonymous has no opinion on Outside issues; hence the A.A. name Out never be drawn into public controversy.”

# 2011 Calendar

## October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center; font-size: 24pt; font-weight: bold;">2</p> <p>AMVETS B'fast 9:30 AM, Speaker 14<sup>th</sup> district delegate at 11 AM</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">3</p> <p>GSR meeting @ AMVETS 6:30 PM</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">4</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">5</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">6</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">7</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">1</p> <p>Corrections at Central 9:30 AM</p>
<p style="text-align: center; font-size: 24pt; font-weight: bold;">9</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">10</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">11</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">12</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">13</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">14</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">8</p> <p>Grapevine Committee 11am Sunshine Foundation 5 to 7 pm</p> <p>Intergroup Picnic 11:00 am</p>
<p style="text-align: center; font-size: 24pt; font-weight: bold;">16</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">17</p> <p>Central Office Intergroup meeting 6:30 PM</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">18</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">19</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">20</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">21</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">15</p>
<p style="text-align: center; font-size: 24pt; font-weight: bold;">23</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">24</p> <p>SUGS B'day meeting Noon</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">25</p> <p>Dedication Group B'day meeting 6:30 PM</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">26</p> <p>Care Group B'day meeting 8 PM</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">27</p> <p>Happy Hour Group B'day 5:30 PM</p> <p>Men's Group B'day meeting 7 PM</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">28</p> <p>Serenity Group B'day Meeting 8 PM</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">22</p> <p>Rise and Shine B'day 8 am</p>
<p style="text-align: center; font-size: 24pt; font-weight: bold;">30</p> <p>Weekenders B'day meeting 7 PM</p>						<p style="text-align: center; font-size: 24pt; font-weight: bold;">29</p>

# Happy Birthday to All!

## WEEKENDERS GROUP

Barb W. 10/14/1995 16 Years  
Rick R. 10/23/05 6 Years

## MIRCALE GROUP

Steve F. 10/05/10 1 Year  
Angie B. 10/10/1996 15 Years  
Allison Mc. 10/26/1999 12 Years

## HONESTY GROUP

Belated birthday  
Nancy R. 9/27/1985 26 Years

## KISS GROUP

Belated Birthday  
Sharon M. 13 Years  
Brigid M. 10/10/1997 14 Years  
Lora K. 10/11/08 3 Years  
Louise B. 10/22/1984 27 Years  
Mary H. 10/08/1983 28 Years

## RISE AND SHINE GROUP

Mickey V. 10/14/1999 2 Years  
Waddell 10/27/1987 24 Years  
Pat M. 10/6/1984 27 Years

## STRAIGHT UP GROUP

Karen A. 10/28/09 2 Years  
Sue Q. 10/27/07 4 Years  
Bob H. 10/15/06 5 Years  
Vicky G.S. 10/06/1985 26 years

## NICEVILLE GROUP

Belated Birthday  
Laura Miller 9/02/10 1 Year

## SPARKLE GROUP

Alice C. 10/5/1992 19 Years  
Jim M. 10/12/1986 25 Years

## MENS GROUP

Todd W. 10/1/1986 25 Years  
Jerry D. 10/16/1977 34 Years

## MOSSY HEAD GROUP

Debbie G. 10/09/02 9 Years

## CARE GROUP

Scott B. 10/16/03 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 – Aug. 23, 2011 – Sept. 19, 2011**

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

2011 Year Report

Total Income \$ 10,276.96

Total Expenditures \$ 13,941.64

Net Cash Flow \$ -3,664.68

**Current Month Beginning Balance \$ 3,210.16**

Total Income \$ 921.42

Total Expenditures \$ 1,529.83

Net Cash Flow \$ -608.41

**Ending Balance \$ 2,601.75**

Highlights from Report Respectfully prepared 9/19/11 by Mary Ann R, Treasurer

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**BOOK FUND FINANCIAL SUMMARY 08/23/11 -9/19/11**

<b>INCOME</b>	<b>Amount</b>	<b>Date</b>
<b>STARTING BALANCE</b>	<b>\$ 2,426.63</b>	<b>8/23/2011</b>
<b>TOTAL INCOME THIS PERIOD</b>	<b>\$ 1,339.57</b>	
<b>BALANCE + INCOME</b>	<b>\$ 3,766.20</b>	
<b>TOTAL EXPENSES THIS PERIOD</b>	<b>\$ 2,762.95</b>	
<b>ENDING BALANCE</b>	<b>\$ 1,003.25</b>	<b>9/19/2011</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**

- **Next Breakfast Meeting Sunday Oct. 2<sup>nd</sup> , 2011 at AMVETS 910 Valastics Ave., Val'P. Area Delegates report. Breakfast \$6.00 (optional). Starts at 9:30 AM Speaker Meeting 11 AM.**
- **Intergroup Picnic Saturday, Oct. 8<sup>th</sup>, 2011 11:00 AM – 3:00 PM Liza Jackson Park - East Pavilion Meats & Coffee provided by intergroup, Please bring a covered dish to share. Volunteers needed, contact Mike C 598-7770**
- **Next Intergroup Committee Meeting 6:30 PM, Mon Oct.17<sup>th</sup> , 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**
- **Serenity Sisters celebrates 3 years as a group on November 1, 2011. Their birthday is July 15<sup>TH</sup> , 2008.**
- **Gulf Coast Roundup February 17<sup>th</sup> -19<sup>th</sup> , 2012 at Ramada Plaza Beach Resort on Miracle Strip Parkway, FWB. See fliers at Central Office.**
- **Grapevine Committee – Next Meeting will be Oct. 8 at 11:00 AM at Intergroup Central office.**
- **14<sup>th</sup> Annual ..... Celebration by the Sea Oct. 21<sup>st</sup> – 23<sup>rd</sup> , 2011. Panama City Beach, contact Juanita S. 850-832-6412 or Lou P. 850-276-2585 for registration info.**
- **14<sup>th</sup> Annual AWAAY 2011 Conference for Women Saturday, Nov. 5<sup>th</sup>, Birmingham, Al. See flyer at central office for registration details.**
- **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, Friday from either 8:00 AM to 12:00 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.**
- **Special Thanks to Bill R. for his Generous Contribution to Intergroup for his 50/50 winnings at the District 60<sup>th</sup> Anniversary party.**

### What exactly does Intergroup/Central office DO anyway?

Jerri Lea S.

Many local AA members know that InterGroup/Central Office answers the phone and fields inquiries about meeting times and requests for 12-Step calls. Those two jobs are important parts of our function, but IG/CO does much more than that. Here's a list of our major jobs:

1. We maintain a telephone hotline that is answered 24 hours a day, seven days a week, and 365 days a year. Trusted servants answer many of the calls we receive each year. After 4:00 p.m. and until 8:00 a.m. an answering service takes our calls. The calls cover a wide range of topics – approximately 50% of our callers ask for meeting times, locations and driving directions; others need help to stop drinking. Group members from inside and outside our district visit the CO to purchase literature, chips, and anniversary cards and drop off birthday lists for the One Day At a Times newsletter. Members who have questions about AA policy call for help in finding answers or in contacting AA World Services. We refer callers who are not alcoholics to Al-Anon and other 12-step programs. We answer questions from students who doing papers on 12-step programs. We put people in touch with the appropriate District 14 committee when needed. Most important, we do our best to respond to every call, If we don't have an answer handy, we find one.
2. We stock and sell AA conference-approved books and pamphlets printed in both English and Spanish – we also stock and provide at no charge many AA conference approved flyers. Medallions, chips, and anniversary cards are also available for purchase.
3. We maintain, publish, and distribute the District 14 Meeting Directory that currently lists over 120 meetings each week. We have approx. 45 groups in our 3-county area, which includes Okaloosa, Walton, and a portion of Santa Rosa County. Many of those groups have multiple meetings each week. We distribute the directory in two ways – the print edition and the web edition.
4. We publish the monthly newsletter, The One Day At A Times, which is available in print and on the website. The newsletter contains news of interest to District 14 groups, as well as a calendar of local events, birthdays and articles about the the AA program of recovery.
5. We maintain the District 14 website ([www.fwb-area-aa.org](http://www.fwb-area-aa.org)), which includes electronic versions of our meeting directory, maps to meetings, a calendar of events, and the One Day At A Times Newsletter, as well as information about the IG/CO and AA.
6. We collect names for and maintain the 12-Step list. The 12-Step list is a list of AA members who have agreed to take 12-Step calls. When a still suffering alcoholic calls the office for help, we arrange for a 12-stepper to call him or her.
7. We sponsor, schedule, coordinate, and promote (via flyers) the monthly breakfast meeting, the quarterly Alkathon, and the annual picnic all of which are held within District 14. Groups within the district host the Breakfast and Alkathon.
8. We provide a meeting room for the service committees and a fee of \$5.00 per meeting. The room is used for service committee business meetings – it is not used for regular AA meetings. The room is also used for service committee storage. District 14 Archives is also housed within this room.
9. We provide mailboxes for all groups, for service committees, for the District 14 GSR Committee DCM and for the IG/CO officers.
10. We serve as a conduit for the exchange of information among AA groups in District 14. When combined, all these services help to promote Tradition One: "Our common welfare should come first; personal recovery depends upon AA unity." IG/CO does the business that no one group can do alone, and in doing so, we help AA groups carry the message and pursue AA's one primary purpose – to stay sober and help other alcoholics to achieve sobriety.

We Can Play Well with Others: Love and Tolerance is Our Code  
(Step 10: Inventory)

How well do I play with others? What is my motive--self-will or God's will? Can I more effectively help others by being a good example of actions matching words? Am I truly (innermost honesty), Loving and Tolerant in both words and actions? This is our code in all of our affairs. The safe place of meetings helps me prepare me for outside of meetings...where I spend most of my time.

I attend several different meetings in our district. Paying attention to the preamble and other readings, help me remember why I am at the meeting. I want to be part of the "we" and co-operate with a Tradition Two, Loving God. So I actually listen and try to follow the group procedures regarding keeping the topic related to alcoholism and limiting my sharing to a reasonable amount of time for the number of people left to speak.

Or at least sometimes I do. Thank God for the "progress not perfection" concept! We can choose to take it easy on others while taking action to continue our own progress. I can check my progress by looking at how well I play with others. Are my relationships healthy or not? Am I on the beam or not? (I love the poster at the Alano Club, 52 N. Beal Parkway)!

Our Big Book lets me know that "Love and tolerance of others is our code." pg84 BB. . As many times as I want to, I can say a simple prayer though out the day: "How can I best serve Thee?" Thy will (not mine) be done." pg 85, BB. If my motive is serving "Thy" will, then being loving and tolerant flows gently instead forcing my will.

James "Gemi" R.

**District 14 Old timers**

Cheryl O. got sober on September 18, 1985 at the age of 16 in Fort Walton Beach. She is active in service work. Her home group is the Happy Hour Group which meets at the Alano Club in Fort Walton Beach at 5:30 pm Sunday thru Friday. We asked her a few questions recently to share with you.

Q. Please tell us how you got sober?

A. The police found me after I had been missing for 14 days. I had run away from home so that I could spend all my time getting drunk. I voluntarily went into a psychiatric hospital for teenagers for 60 days and attended my first meeting the night I got out of the hospital. By Gods Grace, I've been sober ever since.

Q: If you just had a brief moment to share with a newcomer that you did not know, what would you say?

A. The program of Alcoholics Anonymous works. When I got here I wanted to die. I had a black hole inside and nothing was able to fill it and the alcohol no longer worked. Today I'm grateful to be alive and thank God for every new day. If you want to be sober then you're in the right place. This program is designed to enable us to find a God that will solve all our problems. The first one being alcohol. Keep the plug in the jug and don't drink no matter what. Bring yourself to meetings, Trust God, work the steps, and work with others. This program doesn't fail.

Q. And how are you staying sober?

A. I stay sober daily by trusting in the power of God and living the steps in all my affairs. I've learned how to be comfortable in my own skin and enjoy every day.

Q: You are pretty open about being a member of Alcoholics Anonymous, is this new, or was this way earlier in your sobriety?

A. I've always been pretty open about my identity. If knowing that I'm in recovery can help someone I don't hide it. God has turned my past into an asset and a tool for helping others.

A few of Cheryl's favorite sayings are: God either is or He isn't. God is either everything or else He is nothing. What was our choice to be? BB 53

God is good ALL the time. We absolutely insist on enjoying life!!

DISTRICT 14

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.



**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 roll 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 ball rolling from there.

**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 be reconsider being on the list. The very 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? \_\_\_\_\_

## TWIN CITIES GROUP

The Twin Cities group began with meetings in 1993. However, it did not become registered with GSO in New York until November 1997, at which time there were twenty-two members. The founders of the group were Sandy E and Rich O'D. . Other early attendees were Paul F., Tom G., Gary.

The meetings of the Twin Cities group are closed discussion (for AA members only). Meetings are held at 7PM at St. Paul's Lutheran Church in Niceville, the same place where it began. Chips are provided for periods of sobriety. Members' AA Anniversaries are celebrated at the last meeting of the month. We welcome AA members to join us!

Note: To be included in the ODAT newsletters, District 14 groups may send their history to: [editorodat@hotmail.com](mailto:editorodat@hotmail.com)

## NICE LINES

Someone has written these beautiful words... Must read and try to understand the deep meaning of it.

- 1] Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout.
- 2] So a Car's WINDSHIELD is so large & the Rear view Mirror is so small? Because our PAST is not as important as our FUTURE. So, Look Ahead and Move on.
- 3] Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write.
- 4] All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they can't last long either.
- 5] Old Friends are Gold! New Friends are Diamond! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a Base of Gold!
- 6] Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!
- 7] When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.
- 8] A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision!"
- 9] When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.
- 10] WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE...

If you really enjoyed this, please pass it on to others. It may brighten someone's day...



## **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 30<sup>th</sup> Anniversary International Convention.**

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**[www.fwb-area-aa.org](http://www.fwb-area-aa.org)**

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**The "One Day at a Time" newsletter is published periodically for your enjoyment and  
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