

# Don't Have To, anymore

(Continued from page 7)

We died of one last cigarette, the comfort of its glowing in the dark. We passed out and the bed caught fire. They said we suffocated before our body burned, they said we never felt a thing, that was the best way maybe that we died, except sometimes we took our family with us.

And the man in New York was so sure he had it, he tried to love us into sobriety, but that didn't

work either, love confuses drunks and he tried and we still died.

One after another we got his hopes up and we broke his heart ...

Because that's what we do.

And the worst thing was that, every time we thought we knew what the worst thing was, something happened that was worse.

Until a day came in a hotel lobby and it wasn't in Rome, or Jerusalem, or Mecca or even Dublin, or South Boston, it was in Akron, Ohio, for Christ's sake.

A day came when the man said I have to find a drunk because I need him as much as he needs me (NOW you've got it).

And the transmission line, after all those years, was open, the transmission line was open. And now we don't go to priests, and we don't go to doctors and people with letters after their names.

We come to people who have been there, we come to each other. We come to try and we don't have to die.....



Archway to Freedom

## SOUTH FLORIDA AREA 15 GENERAL SERVICE ASSEMBLY "ARCHWAY to FREEDOM"

Hosted by District 4 \* Sarasota County, Florida \* July 21<sup>st</sup>-23<sup>rd</sup>, 2017

**Registration Friday 4:00 PM - 8:30 PM; Saturday 8:00 AM - 8:30 PM; Sunday 7:00 AM - 9:00 AM**

Special Needs at any meeting or workshop, hotel room with wheelchair access or interpreter for the hearing impaired for the Sunday morning business meeting can be arranged by contacting the Area Special Needs Chair (239)-940-0183 or [specialneeds@area15aa.org](mailto:specialneeds@area15aa.org) by 07/07/2017.

### Saturday Banquet Banquet Menu

No. of Chicken Dish \_\_\_\_\_  
 No. of Lasagna \_\_\_\_\_  
 No. of Vegetarian Option \_\_\_\_\_  
 Total Tickets at \$43 each \_\_\_\_\_  
 Total Amount Enclosed \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ ST \_\_\_\_\_  
 Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 District \_\_\_\_\_ Day you will arrive: Fri or Sat  
 Guests with special needs (state needs)

**PAYMENTS DUE BY: July 15<sup>th</sup>, 2017**

Checks payable to: District 4 G.S.

Mail to: Central Office of Sara-Mana  
 1748 Independence Blvd.,  
 Suite B-2 Sarasota, 34234

**QUESTIONS?** Contact: Mick G. (Banquet Chair)  
 at 941-587-0881  
 or District4 banquet chair at: [gsalt@aasrq.org](mailto:gsalt@aasrq.org)

### Hyatt Regency Sarasota

1000 Boulevard of the Arts  
 Sarasota, Florida, USA, 34236  
 Phone: 941-953-1234

**Reservations: 1-888-421-1442**

Reference "South FL Area General Service"

Room Rate: \$119.00 S/D \$129 T \$139 Q

Must be received by July 18th, 2017

**FOR HOTEL ROOM WAIT LIST OR TO CANCEL A ROOM PLEASE CONTACT: [hotelinfo@area15aa.org](mailto:hotelinfo@area15aa.org)**

### Directions:

I-75 to Exit 210, turn West on Fruitville Road towards Sarasota for approx.. 7 miles, turn right on Tamiami Trail, turn left first at traffic light onto Boulevard of the Arts

**QUESTIONS?** Contact Quarterly Chair  
 Text please or call Cori F 727-400-8991 or  
 District 4 Quarterly Chair at: [district4quarterly@gmail.com](mailto:district4quarterly@gmail.com)



## Step Seven

Humbly asked Him to remove  
our shortcomings

July 2017



ST. LUCIE INTERGROUP NEWSLETTER

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# Don't Have To, anymore

*By Jack McCarthy*

We died of pneumonia in furnished rooms where they found us three days later when somebody complained about the smell.

We died against bridge abutments and nobody knew if it was suicide and we probably didn't know either except in the sense that it was always suicide.

We died in hospitals, our stomachs huge, distended and there was nothing they could do.

We died in cells, never knowing whether we were guilty or not.

We went to priests, they gave us pledges, they told us to pray, they told us to go and sin no more, but go. We tried and we died.

We died of overdoses, we died in bed (but usually not the Big Bed)

We died in straitjackets, in the DT's seeing God knows what, creeping skittering slithering shuffling things.

And you know what the worst

thing was? The worst thing was that nobody ever believed how hard we tried.

We went to doctors and they gave us stuff to take that would make us sick when we drank on the principle of so crazy, it just might work, I guess, or maybe they just shook their heads and sent us to places like Dropkick Murphy's.

And when we got out we were hooked on paraldehyde or maybe we lied to the doctors and they told us not to drink so much, just drink like me. And we tried, and we died.

We drowned in our own vomit or choked on it, our broken jaws wired shut. We died playing Russian roulette and people thought we'd lost, but we knew better.

We died under the hoofs of horses, under the wheels of vehicles, under the knives and boot heels of our brother drunks.

We died in shame.

And you know what was even worse, was that we couldn't believe it our-

*(Continued on page 2)*

ST LUCIE INTERGROUP ASSOCIATION, INC.

883 E Prima Vista Blvd.  
Port St Lucie, Fl 34952  
(772) 873-9299

(in the NW corner of Prima Vista & US 1, located in Port St Lucie Plaza)

Visit our website at:

[www.aastlucieintergroup.com](http://www.aastlucieintergroup.com)

Where you can view and download PDF copies of this and recent newsletters

To receive a PDF copy of *In Gratitude* Newsletter via  
e-mail send a request to:  
stlucieintergroup@att.net, attn: Rex B., editor

*Notices ...*

The District 6 Monthly Business Meetings are held on the second Tuesday of each month Indian River State College 3209 Virginia Avenue Ft. Pierce At 6:30 pm Bldg R. 131 Come support your District!! Visit [district6aa.org](http://district6aa.org)

**District 6 Committee Meetings**  
**(at the Intergroup Office**  
**883 E Prima Vista Blvd.**  
**Port St Lucie, Fl 34952)**

*DCMs/GSRs* Meeting ..... the 1st Saturday of month 10:30 a.m.  
*Corrections Committee* Meeting... the 2nd Saturday of month, 10:30 a.m.  
*Events Committee* Meeting ..... the 3rd Saturday of month, 10:30 a.m.  
*PI/CPC Committee* Meeting ..... the 4th Saturday of month 10:30 a.m.

**GSRs — ARE YOUR BASKET DONATIONS HELPING AA AS A WHOLE?**

Does your Home Group distribute the remaining donations after Group expenses and prudent reserve according to AA Tradition?  
Is your Home Group doing it's part to help support your local Intergroup Office? District 6? Area 15? The General Service Office ?  
Is your Home Group represented at the local monthly Intergroup steering committee meeting?  
Are your local Intergroup Office and its members properly serving the needs of the local Groups?  
These are questions you should be asking at your Home Group business meetings.

**Please send all District 6 Group donations to:**  
**District 6 Treasurer**  
**P.O. Box 12248**  
**Fort Pierce, Fl**  
**34979-2248**

**Want to get Involved?**  
**Bridging the Gap**  
needs volunteers as contacts for individuals leaving treatment.  
Be their first contact.  
To sign up contact District 6 Treatment Committee BTG Coordinator Chris B.  
[cbrady561@gmail.com](mailto:cbrady561@gmail.com)  
561-628-3604

**DOES YOUR GROUP HAVE AN INTERGROUP REPRESENTATIVE ?**

Intergroup Steering Committee and Group Representatives meet the 3rd Thursday of every month @ 7pm. Help support Intergroup  
**REMEMBER:**

*"I am responsible . . .  
When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.  
And for that: I am responsible."*

**St. Lucie Intergroup needs to update our Twelfth Step list. If you would like to be of Service to help insure that the hand of AA is always there, please contact the Intergroup Office and leave your information: name, phone number and hours available so we can continue to help the still sick and suffering alcoholic. Call 772-873-9299 or e-mail [stlucieintergroup@att.net](mailto:stlucieintergroup@att.net)**



## Anniversaries

June 2017

### Begin Where You Are

Dimitrius 4 yrs

#### Lakewood Park

Ann K 23 yrs

Alex 13 yrs

# Don't Have To, anymore

*(Continued from page 1)*

selves, that we had tried.

We figured we just thought we tried and we died believing that we hadn't tried, believing that we didn't know what it meant to try.

When we were desperate enough or hopeful or deluded or embattled enough to go for help we went to people with letters after their names and prayed that they might have read the right books that had the right words in them, never suspecting the terrifying truth, that the right words, as simple as they were, had not been written yet.

We died falling off girders on high buildings, because of course ironworkers drink, of course they do.

We died with a shotgun in our mouth, or jumping off a bridge, and everybody knew it was suicide.

We died under the Southeast Expressway, with our hands tied behind us and a bullet in the back of our head, because this time the people that we disappointed were the wrong people.

We died in convulsions, or of "insult to the brain", we died incontinent, and in disgrace, abandoned .

If we were women, we died degraded, because women have so much more to live up to.

We tried and we died and nobody cried. And the very worst thing was that for every one of us that died, there were another hundred of us, or another thousand, who wished that we could die, who went to sleep praying we would not have to wake up because what we were enduring was intolerable and we knew in our hearts it wasn't ever gonna change.

One day in a hospital room in New York City, one of us had what the books call a transforming spiritual experience, and he said to himself, "I've got it ." (no, you haven't you've only got part of it) "and I have to share it." (now you've ALMOST got it) and he kept trying to give it away, but we couldn't hear it. We tried and we died.

*(Continued on page 8)*

**FREE**

**SPEAKER**

**CASSETTES!!!**

Our Intergroup Office is clearing out a bunch of cassette tapes by speakers at various AA events.

**Come In and Get 'Em!!!**

### ADDRESSES FOR GROUP DONATIONS

St. Lucie Intergroup Association, Inc.  
883 E Prima Vista Blvd.,  
Port St Lucie, Fl 34952

District 6 Treasurer  
PO Box 12248  
Ft. Pierce, Fl 34979-2248

South Florida Area 15  
Treasurer  
PO Box 56  
Sebring, Fl 33870-0056

GSO  
PO Box 459  
Grand Central Station  
New York, NY 10163

# 2017 Group Contributions through May 31

GROUP	Group #	MAY	YTD	GROUP	Group #	MAY	YTD
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	0.00	50.00
AA Promises GP	671816	0.00	0.00	Men's Sobriety Group	172529	0.00	300.00
Alternate MC Beginners AA GP	645696	0.00	0.00	Midday Matinee	172992	0.00	0.00
Back to Basics	617295	0.00	0.00	New Hope Group	163611	75.00	75.00
Bayside GP	134955	0.00	37.82	New Windmill Point	148626	0.00	0.00
Begin Where You Are	666125	0.00	0.00	Okeechobee Discussion		0.00	0.00
Better By The Beach	688860	0.00	375.34	Okeechobee Night Group	103633	0.00	252.00
Better Understanding	670079	0.00	0.00	Okeechobee Noon Group	147217	60.00	150.00
Bleeding Deacons	710958	0.00	0.00	Okeechobee Sobriety Group	643907	0.00	0.00
Easy Does It	149241	0.00	180.00	Okeechobee Women's Group		0.00	0.00
Ensollielle (French, seasonal)	681471	0.00	50.00	Primary Purpose Welcome Home	141056	0.00	0.00
Eye Opener	169889	0.00	550.00	Primary Purpose Bayshore	679364	0.00	275.00
First Things First	697413	35.00	166.11	PSL AA Tues. Nite Group	103698	140.00	160.00
Friday Night Men's	604208	0.00	25.00	PSL Sat. AM Men's Group	606637	0.00	450.00
Friendship Group	103470	0.00	110.00	Reach Out Group	714201	0.00	10.00
From Darkness To Light		0.00	0.00	Sisters of Sobriety	700856	0.00	0.00
Gays In Recovery	655112	0.00	35.00	Step Into Action	696779	0.00	72.00
Good Guys North	678914	0.00	0.00	Step Sisters	683996	0.00	80.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Sun Rise 11th Step		0.00	0.00
Grupo Serendad PSL (Spanish)		0.00	15.00	Talking Feathers		0.00	21.00
Happy Hour Living Sober	653464	0.00	600.00	The Future of AA (Young People)	697507	0.00	0.00
Heard it thru the Grapevine GP	662713	0.00	0.00	Tough Love Group		0.00	0.00
Helping Hands Group	654010	0.00	60.00	Warriors		0.00	30.00
Higher Power Sunday	679339	0.00	0.00	Wake UP Group		0.00	0.00
How It Works-Bayshore		0.00	0.00	Watch your Steps	645676	0.00	0.00
Just For Today	168564	0.00	0.00	We Stopped in Time	669606	0.00	146.00
Keep It Simple— Okeechobee	643906	0.00	0.00	Westside Group Ft Pierce	125608	0.00	0.00
KISS	127410	0.00	200.00	Wolff Road Group Okeechobee	703404	0.00	25.00
Lakewood Park	177727	40.00	200.00	Women Stepping Up	157843	50.00	100.00
Last Call	151221	0.00	0.00	Women's New Beginnings	611306	00.00	100.00
Late Risers	681809	0.00	300.00				
Lunch Box		0.00	0.00	<b>TOTAL AA GP Contributions</b>		<b>400.00</b>	<b>5428.27</b>

**In 1957, Bill W. said, "We pay our rent and utility bills, buy coffee, snacks and AA Literature. We support our Central Office, our Area Committee and our General Services Office. If it were not for these entities, many people would never discover the miracle of AA."**

# Twelve Differences between your Sponsor and your Therapist:

1. Your sponsor isn't all that interested in the 'reasons' you drank.
2. Your therapist thinks your root problem is your lack of self-esteem, negative self-image, and your poor self-concept. Your sponsor thinks your problem is a 3-letter word with no hyphens: YOU
3. Your therapist wants you to pamper your 'inner child'. Your sponsor thinks it ought to be spanked.
4. Your sponsor thinks your inventory should be about you, not your parents.
5. Speaking of your parents, your sponsor tells you not to confront them, but to make amends to them.
6. The only time your sponsor uses the word 'closure' is before the word 'mouth'.
7. Your sponsor thinks 'boundaries' are things you need to take down, not build up.
8. Your therapist wants you to love yourself first; your sponsor wants you to love others first.
9. Your therapist prescribes caretaking and medication. Your sponsor prescribes prayer-making and meditation.
10. Your sponsor thinks 'anger management skills' are numbered 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, and 12.
11. Now that you haven't drank in 6 months, your therapist thinks you should make a list of your goals and objectives for the next 5 years, starting with finishing up that college degree. Your sponsor thinks you should start today by cleaning the coffee pots, helping him carry a heavy box of literature to the jail, and making your bed.
12. Your sponsor won't lose his license to practice if he talks about God..

## What did you do today?

So you've been around for many years, helping to spread AA. You've worked like hell since you first came in but what did you do today!

I heard your pitch: it was kind of long, you really told them how you worked the steps in '79, but how are you working them now?

Do you still get up from your soft warm bed when someone is in trouble? Do you grab your hat and your AA book and get there on the double?

Or have you forgotten the early times, when you were sort of new. Maybe you've around so long that AA is old hat to you.

Maybe you're one of the Senior Saints, Sober and satisfied, and you've forgotten when

you were sick and when you damn near died?

Maybe I shouldn't bring it up, maybe you're too blasé. But just for the hell of it, Mister, what did you do today?

Have you been around so cock-eyed long you leave it to Harry, Betty or Sam because you're not your brother's keeper and just don't give a damn?

Maybe tonight the fights are on or you're going to the old ball game. So what the hell if the guy is sick he has only himself to blame.

Well, Mister, you have a perfect right to work your own AA and you know you'll do it your way no matter what I say.

But tonight before you go to bed just look in the mirror and pray that you and GOD know the answer to WHAT DID YOU DO TODAY!?

# *On the Seventh Step ...*

## The Seventh Step ...

Humbly asked Him to remove our shortcomings.

## The Seventh Step Principle ...

The principle behind the 7th Step is *HUMILITY*.

## The Seventh Tradition ...

Every AA group ought to be fully self supporting,  
declining outside contributions.

## My Seventh Tradition Checklist ...

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?

## *On the Seventh Step ...*

### The Seventh Step Prayer ...

My Creator, I am now willing that  
you 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

(P. 76 OF ALCOHOLICS ANONYMOUS, "THE BIG BOOK")