

Upcoming Events ...

BOWLING FOR BIG BOOKS

(AND OTHER AA APPROVED LITERATURE FOR CORRECTIONAL FACILITIES)

SATURDAY, APRIL 18, 2015



NEW LOCATION

JENSEN BEACH BOWL

BY LANGFORD PARK,

2303 NE DIXIE HWY (SR 707)

JENSEN BEACH

TIME: 6-8 PM RAFFLE: 7:00 PM

\$20 ticket includes:

**2 games of Bowling, Shoes,
Pizza and 1 Soda.**



St. Lucie Intergroup **PIG ROAST!!!**

Serving @ Noon **RAIN OR SHINE**

Saturday May 2 10 a.m.-3 p.m.

*Fun & Games, Playground, tennis, volley
& racquetball courts—**Bring Family!!!***

Tickets \$10 @ intergroup office

Info 772-873-9660

BREAKFAST FOR DINNER

Supporting District 6's Treatment Committee's work

To provide Big Books and other AA literature

COMING MAY 16, 6 pm

St Andrew Lutheran Church, Port St. Lucie

Eggs, sausage, bacon, biscuits, sausage gravy, crepes,
coffee, beverages and Fellowship

Tickets \$10 in advance/at door; 561-252-8946



Step Four

*Made a searching and fearless moral
inventory of ourselves*



You may not like what you read here ...

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It's what AA is ... was intended to be, whether you agree or not, this is a powerful and disturbing subject. Please take some time and read it:

For all those interested in the future of our AA fellowship:

What happened? That question is being asked by a lot of alcoholics lately.

What happened to our high success rate? Thirty and forty years ago, we were keeping 75 percent or more of the alcoholics who came to us for help. Today, we aren't keeping even five percent.

What happened?

What happened to that wonderful A.A. Group that was around for 20, 30 or 40 years? There used to be 50, 75, 100 or more at every meeting. It is now a matter of history, gone! More and more groups are folding every day. What hap-

This article has made the rounds of AA for several years now and its author and origin were intentionally obscured at some point, apparently so as to isolate its message from any particular person or personality.

It reputedly appeared in this newsletter some time ago and a few AA stalwarts have suggested it be offered again.

It is disturbing in some ways, but certainly provokes thought and, we hope, discussion.

Because of its length, it will be printed over the course of a few months. — ed.

pened? We hear a lot of ideas, opinions and excuses as to what happened but things are not improving. They continue to get worse.

What is happening?

Bill W. wrote, "In the years ahead, A.A. will, of course, make mistakes. Experience has taught us that we need have no fear of doing this, providing

(Continued on page 3)

ST LUCIE INTERGROUP ASSOCIATION, INC.

897A NE 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

Where you can 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
Building R Room 248
Come support your
District!!
Visit district6aa.org

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?

Is 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.

Get involved.

Support AA as a whole!

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
contacted 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

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 the District 6
Treatment Committee
BTG Coordinator at
dist6treatment@gmail.com or
call 772-49SOBER

District 6 Meetings (at the Intergroup Office)

Archives Committee Meeting ... the 2nd Saturday of month
9:00 am at the Intergroup Office.

Corrections Committee Meeting... the 2nd Saturday of
month, 10:00 am at the Intergroup Office.

Events Committee Meeting ... the 3rd Saturday of month
10:30 am at the Intergroup Office.

Finance Committee Meeting ... the 3rd Saturday of month
9:15 am at the Intergroup Office.

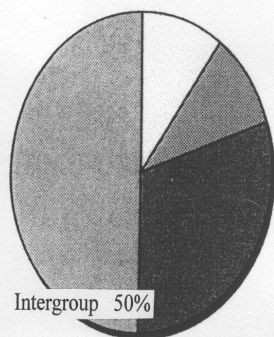
PI/CPC Committee Meeting ... the 4th Saturday of month
10:30 am at the Intergroup Office.

Bill W. on Group Donations

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 miracles of AA".

To that end, AA World services offers the following model for donations by local AA Groups. GSO suggests that each group able to do so, through an informed group conscience, adopt a specific plan tailored to meet the group's financial situation.

This is the model suggested in AA's "Self Support" brochure, a World Services Pamphlet. (Page 12).



10% to district
10% to area committee
30% to G.S.O.
50% to intergroup or central office

ADDRESSES FOR GROUP DONATIONS

GSO

PO Box 459

Grand Central Station

New York, NY 10163

South Florida Area 15 Treasurer

PO Box 690275

Vero Beach, Fl 32969

District 6 Treasurer

PO Box 12248

Ft. Pierce, Fl 34979-2248

St. Lucie Intergroup Association, Inc.

897A NE Prima Vista Blvd.

Port St Lucie, Fl 34952

March Anniversaries ...

Back To Basics II

| | |
|-------------|--------|
| Gordon Bell | 16 yrs |
| Mary Lou | 20 yrs |

Midday Matinee

| | |
|---------|--------|
| Marco | 2 yrs |
| Ralph | 3 yrs |
| Eddie G | 9 yrs |
| Diane L | 23 yrs |
| Jillan | 31 yrs |

Primary Big Book Study

| | |
|-------|------|
| Bob S | 1 yr |
|-------|------|

Bayshore Club

| | |
|----------|--------|
| Dave L | 1 yr |
| Renee | 1 yr |
| Sherry | 1 yr |
| Courtney | 4 yrs |
| Jack | 4 yrs |
| Tommy B | 11 yrs |
| Tony P | 18 yrs |
| Gloria | 18 yrs |
| Ralph B | 33 yrs |
| Kaye | 37 yrs |

Begin Where You Are

| | |
|-----------|--------|
| Tyler | 1 yr |
| Lynn | 3 yrs |
| Charles | 6 yrs |
| Diane | 6 yrs |
| Danaholic | 10 yrs |
| Tom | 31 yrs |
| Bari | 33 yrs |

Lunch Bunch

| | |
|-------------|--------|
| John T. | 1 yr |
| Lowell w. | 1 yr |
| Kenny C. | 2 yrs |
| Peter W. | 3 yrs |
| Veronica R. | 8 yrs |
| Tony S. | 33 yrs |

GROUP CONTRIBUTIONS

FEBRUARY 1, 2015 through FEBRUARY 28, 2015

| GROUP NAME AND NUMBER | FEB | YTD | GROUP NAME AND NUMBER | FEB | YTD |
|---------------------------------------|---------|----------|------------------------------------|---------|---------|
| #164 Group #648188 | 0.00 | 0.00 | Lakewood Park #177727 | 20.00 | 20.00 |
| 4th Dimension (ODB) #648185 | 0.00 | 0.00 | Last Call #151221 | 50.00 | 50.00 |
| A Desire To Stop Gp #XXXXXX | 0.00 | 0.00 | Late Risers #681809 | 50.00 | 50.00 |
| AA Midday Matinee #172992 | 0.00 | 0.00 | Lunch Box #XXXXXX Ft Pierce | 0.00 | 0.00 |
| AA Promises Group #671816 | 0.00 | 0.00 | Lunch Bunch #169623 (PSL) | 25.00 | 25.00 |
| Alternate MC Beginners AA #XXXXXX | 0.00 | 0.00 | Men's Sobriety Group #172529 | 60.00 | 60.00 |
| An AA Group #706090 | 0.00 | 0.00 | Men's Group PSL Saturday | 0.00 | 120.00 |
| Back to Basics #617295 | 0.00 | 0.00 | Men's Gp Tues PSL #163940 | 50.00 | 50.00 |
| Bayside Group #134955 | 0.00 | 0.00 | Midday Matinee Gp #172992 | 389.77 | 389.77 |
| Before and After Gp #XXXXXX | 0.00 | 0.00 | New Candlelight Gp #XXXXXX... | 0.00 | 0.00 |
| Begin Where You Are #666125 | 0.00 | 0.00 | New Hope Group #163611 | 0.00 | 20.00 |
| Better By The Beach #688860 | 2.00 | 2.00 | New Windmill Point Gp 148626 | 0.00 | 0.00 |
| Better Understanding #670079 | 0.00 | 0.00 | Okeechobee Kiss Gp #643906 | 0.00 | 0.00 |
| Bleeding Deacons Gp #710958 | 0.00 | 0.00 | Okeechobee Night Group #103633 | 0.00 | 0.00 |
| Easy Does It #149241 | 0.00 | 0.00 | Okeechobee Noon Group #147217 | 30.00 | 60.00 |
| Emotional Sobriety #XXXXXX | 0.00 | 0.00 | Okeechobee Sobriety Group #643907 | 0.00 | 0.00 |
| Eye Opener #169889 | 300.00 | 600.00 | Primary Purpose #141056 (WHC) | 0.00 | 0.00 |
| First Things First #697413 | 30.00 | 30.00 | Primary Purpose @ Bayshore #679364 | 0.00 | 0.00 |
| Friday Night Men's #604208 | 0.00 | 0.00 | PSL AA Tues Nite Gp #103698 | 160.00 | 170.00 |
| Friendship Group #103470 | 0.00 | 0.00 | Reach Out Group #XXXXXX | 0.00 | 10.00 |
| From Darkness To Light #XXXXXX | 0.00 | 0.00 | Sisters of Sobriety #760856 | 0.00 | 0.00 |
| Gays In Recovery #655112 | 60.00 | 60.00 | Sobriety Gp #643907 Okeechobee | 0.00 | 0.00 |
| Good Guys North #678914 | 0.00 | 25.00 | Sour Grapes Group #690990 | 0.00 | 0.00 |
| Grupo Renacer Hispano FP (Spanish) #X | 0.00 | 0.00 | Step Into Action #696779 | 0.00 | 20.00 |
| Grupo Serendad PSL (Spanish) #XXXXXX | 0.00 | 0.00 | Step Sisters #683996 (WHC) | 0.00 | 0.00 |
| Happy Hour Living Sober #653464 | 300.00 | 300.00 | Sun Rise 11th Step Gp #XXXXXX | 0.00 | 0.00 |
| Heard it thru the Grapevine #662713 | 0.00 | 0.00 | The Future of AA (Young People) | 0.00 | 0.00 |
| Helping Hands Group # #654010 | 0.00 | 10.00 | Tough Love Gp #XXXXXX | 0.00 | 0.00 |
| Higher Power Sunday #679339 | 115.00 | 233.00 | Warrior #XXXXXX | 0.00 | 0.00 |
| Just For Today #168564 | 0.00 | 0.00 | Watch Your Steps #645676 | 0.00 | 0.00 |
| Keep It Simple #643906 | 0.00 | 0.00 | We Stopped in Time #669606 | 312.00 | 312.00 |
| Kiss #127410 | 0.00 | 603.00 | Westside Group #125608 | 0.00 | 0.00 |
| | (WHC= | (PSL= | Wolff Road Grp #703404 Okeechobee | 0.00 | 0.00 |
| (XXXXXX MEANS THE INTERGROUP OFFICE | Welcome | Port St. | Women Stepping Up #157843 | 0.00 | 50.00 |
| DOES NOT HAVE THAT GROUP'S NUMBER | Home | Lucie) | Women's New Beginnings #611306 | 0.00 | 0.00 |
| AS ASSIGNED BY THE AA CENTRAL OFFICE, | Club) | | | | |
| LET THEM KNOW.) | | | TOTAL Group Contributions | 1953.77 | 3269.77 |

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. "

What Happened to AA?

(Continued from page 1)

that we always remain willing to admit our faults and to correct them promptly. Our growth as individuals has depended on this healthy process of trial and error. So will our growth as a fellowship.

"Let us always remember that any society of men and women that cannot freely correct its own faults must surely fall into decay if not into collapse. Such is the universal penalty for the failure to go on growing. Just as each A.A. must continue to take his moral inventory and act upon it, so must our whole Society if we are to survive and if we are to serve usefully and well." (A.A. Comes of Age, pg. 231)

With so very few finding lasting sobriety and the continued demise of AA groups, it is obvious that we have not remained willing to admit our faults and to correct them promptly.

Seems to me that the Delegate of the Northeast Ohio Area, Bob Bacon, identified

our mistakes and our faults when he talked to a group of AA's in 1976. He said, in essence, we are no longer showing the newcomer that we have a solution for alcoholism. We are not telling them about the Big Book and how very important that Book is to our long-term sobriety. We are not telling them about our Traditions and how very important they are to the individual groups and to Alcoholics Anonymous as a whole. Rather, we are using our meeting time for drunkalogs, a discussion of our problems, ideas and opinions or "my day" or "my way."

Having been around for a few years and reflecting on what Bob Bacon had to say, it would appear that we have permitted newcomers to convince the old-timers that they have a better idea. They had just spent 30 or more days in a treatment facility where they had been impressed with the need to talk about their problems in Group Therapy Sessions. They had been told that it didn't make any difference what their real problem was;

A.A. had the "best program." They were told that they should go to an A.A. meeting every day for the first 90 days out of treatment. They were told that they shouldn't make any major decisions for the first year of sobriety. And what they were told goes on and on, most of which are contrary to the Program of Alcoholics Anonymous!

Apparently, what they were told sounded pretty good to the A.A. members who were here when the TC clients started showing up at our meetings. And a lot of the A.A. members liked the idea of the treatment centers because the centers provided a place they could drop off a serious drinker, if he/she had insurance. That eliminated some of the inconveniences we had been plagued with before: having to pour orange juice and honey or a shot of booze down a vibrating alky to help them to "Detox."

(NOTE: This article will be continued in our May and June Newsletters. If you miss any installments, the newsletter will be posted on our Intergroup website, www.aastlucieintergroup.com)

Local AA meetings in French:

On Mondays at 2:30 p.m. there's an open discussion meeting in French in Okeechobee at the Buckhead Ridge Christian Church, 1167 Linda Road.

There are two weekly French language meetings at the Crossing Community Church, 8103 Indrio Road, Fort Pierce: A closed discussion meeting at 10 a.m. Tuesdays and open "Ensoleille" (Fr. For sunny, maybe meets outside? Go and find out!) meeting Fridays at 10 a.m.

"A Vision For You;" new meeting

Now meets at Noon Thursdays in the Chupco's Landing Community Center, 3502 Minnie Tommie Howard Circle, Fort Pierce. Open meeting. Call 954-347-6122 for info.

A Twist

on the Promises

If I am careless about this phase of my development, I will be lost before I am halfway through.

I will renew my obsession with alcohol and sacrifice all true happiness.

I will forget the word Serenity and have no peace.

No matter how far down the scale I have already gone, I will fall still lower.

I will resent the past and then repeat it, over and over.

That feeling of uselessness and self-pity will return ... and more.

I will focus on selfish things and hide from my fellows.

Sanity will slip away.

My whole attitude and outlook on life will change for the worse.

Fear of people and of economic insecurity will consume me.

I will again be baffled by even the most normal of situations. I will suddenly believe that God can do nothing for me.

Are these extravagant consequences? I think not.

They have been fulfilled within me, always quickly, always completely.

They will always materialize when I cease to work the AA program of Recovery.

On the Fourth Step ...

The Fourth Step ...

Made a searching and fearless moral inventory of ourselves.

The Fourth Step Principle ...

The principle behind the 4th Step is Courage.

The Fourth Tradition ...

Each group should be autonomous except in matters affecting other groups
or AA as a whole.

My Fourth Tradition Checklist ...

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths — his lengths, not mine — to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

On the Fourth Step ...



Fourth Step Prayers ...

The Inventory suggested by the Fourth Step can be regarded as such a challenging prospect that it is often postponed. So a number of prayers have been composed based on the Big Book to offer reassurance as we prepare for this vital exercise:

A Pre-Inventory prayer:

"God, please help me to honestly take stock. Help me to search out the flaws in my make-up which caused my failure. Help me to see where resentment has plagued me and resulted in spiritual malady, but more importantly help me to understand my part in these resentments. Help me to resolutely look for my own mistakes and to understand where I had been selfish, dishonest, self-seeking and frightened. Please help me to be searching and fearless in my endeavor to write my inventory." (p. 64:2, 64:3, 67:2)

A 4th Step Resentment Prayer:

"God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrong-doing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick. Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend.** Help me to see that this is a sick man. Father, please show me how I can be helpful to him and save me from being angry. Lord, help me to avoid retaliation or argument. I know I can't be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done."(66:2, 66:3, 66:4, 67:0, 67:1)

A Freedom from Bondage Prayer:

Dear God, I have a resentment towards a person that I want to be free of. So, I am asking you to give this person everything I want for myself. Help me to feel compassionate understanding and love for this person. I pray that they will receive everything they need. Thank you God for your help and strength with this resentment. (BB, Freedom from Bondage: 552)

An Example of Fear Prayer:

"God, thank you for helping me be honest enough to see this truth about myself and now that you have shown me the truth about my fears, please remove these fears from me. Lord, please help me outgrow my fears and direct my attention to what you would have me be. Father, demonstrate through me and help me become that which you would have me be. Help me do thy will always, Amen.(68:3)