

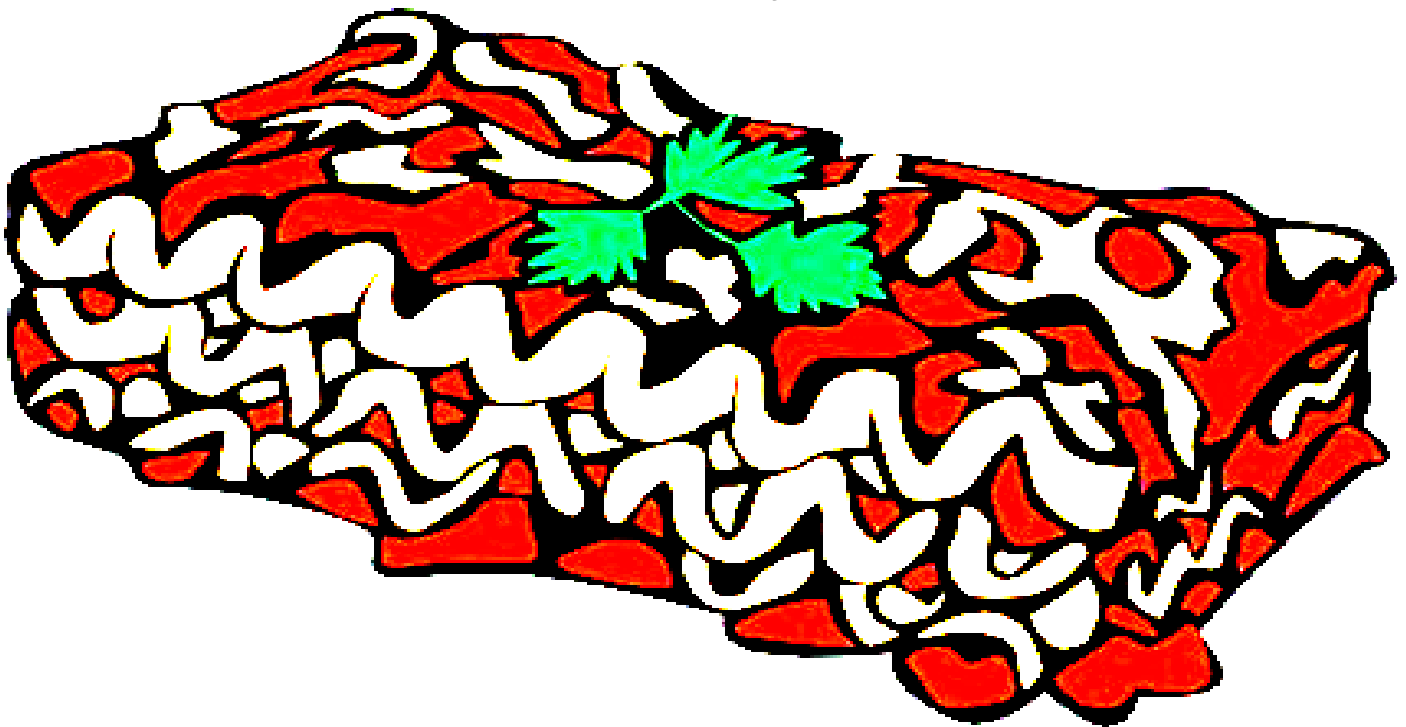
ST. LUCIE INTERGROUP

24th ANNUAL volunteer recognition

LASAGNA DINNER

Saturday, January 16, 2016, Saint Andrew Lutheran Church, 295 NW Prima Vista Blvd. in Port St. Lucie

Time: Dinner at 6:30 pm, Speaker at 7:30 pm



**Tickets \$12 per person, available at the Intergroup Office
897A NE Prima Vista Blvd. Port St Lucie, (772) 873-9299
or at the door the night of event**

**Door prizes and 50/50 drawing
after the speaker**

Please bring a dessert or treat

(This is a non-smoking facility and campus.)



The 12th Step ...

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



Open to that Awakening?

Have you had your spiritual awakening yet?

I've had several during my time in sobriety and each had the same result: I became more connected with my Higher Power.

Only in retrospect did I recognize that my first awakening occurred when I knew I had to go for treatment of my disease. That, I know, was God already

working in my life. Without that experience of thinking rationally for a few hours, I would not be here today. God loved me then and loves me now.

I remember a "crazy" spiritual experience! I sat bolt upright, from a sound sleep, and realized that all would well. I felt it!!

What a safe and security feeling! And I knew it was directly related to not drinking. I called my sponsor and insisted that she meet with me to talk over this major event. She was patient and tolerant and agreed to hear me out.

The experiences have continued and each one has strengthened my connection with God.

And they have also helped me focus on the AA principles "in all my affairs" as I work for emotional sobriety.

One of our Intergroup members explains how her Spiritual Awakenings influence her every day.

Not to make it sound easy, but our "slogans" express those principles as a strong basis for living a sober life. (Simple is not always easy.)

"LIVE EASY BUT THINK FIRST"

Thankfully I don't walk around thinking, "What step is this? What principle is it?" No, I just officially worked my steps the first time through and again each year since. Step studies have become part of my sobriety.

Sponsorship is very important to me, of course. I have always had a sponsor and I myself started to sponsor at nine months of sobriety — with the permission of my sponsor. And happily that lovely woman is still sober today and IAS still part of my life!!

When I offer the AA solutions to others, I share only my own experiences. They are all I know.

Today I know "all my affairs" are calmer, more focused and more positive.

That is not to say there are not bumps and bruises in life ... but I have not had the desire to drink over events in my life.

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HOLIDAY SURVIVAL GUIDE: 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 131
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."

District 6 Committee Meetings (at the Intergroup Office **897A NE Prima Vista Blvd.** **Port St Lucie, Fl 34952)**

Special Needs Committee Meeting ... the 1st Saturday of month 9:00 a.m.

DCMs/GSRs Meeting ... the 1st Saturday of month 10:30 a.m.

Archives Committee Meeting ... the 2nd Saturday of month 9:00 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.

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

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

Service Opportunity: Newsletter Editor Sought, Training Provided

A new Editor is being sought for the St. Lucie Intergroup newsletter, *In Gratitude*. Current editor Rex B. expects to relocate in Spring 2016 and would like to train his replacement during the production of a few newsletters.

The volunteer service position offers the chance to learn desktop publishing skills, which are also applicable to Powerpoint presentations and Web design. Creativity in design is encouraged. Physical, e-mail and on-line distribution are employed.

Production of the newsletter can be accomplished entirely at the Intergroup office or much of the information can be assembled at another convenient location, such as at home or a suitable office environment. Windows software can be provided at no charge.

The newsletter usually consumes fewer than eight hours of effort. The newsletter is printed at the Intergroup office, where staff assists with distribution as well.

Please express interest in an email to stlucieintergroup@att.net; with "Editor Opening" in the subject line.

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

WHY AREN'T MY GROUP'S ANNIVERSARIES HERE???



*SIMPLY BECAUSE NO ONE
TOLD US ABOUT THEM, SO LET
US KNOW!*

*It would be a service... and an easy one, for the
folks who make sure anniversary coins and cards
are ready each month to let the Intergroup Of-
fice know, too. ... Or for your Group Secre-
tary or GSR to tell us ... or for **YOU!!!***

Group Contributions through October 30, '15

Group	Group #	OCT	YTD	Group	Group #	OCT	YTD
164 GP	648188	0.00	0.00	Late Risers	681809	100.00	350.00
				Lunch Box		0.00	0.00
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	75.00	275.00
AA Midday Matinee Bayshore	172992	0.00	0.00	Men's Sobriety Group	172529	0.00	310.00
AA Promises GP	671816	0.00	0.00	Midday Matinee	172992	0.00	949.06
Alternate MC Beginners AA GP	645696	0.00	0.00	New Hope	163611	40.00	180.00
An AA Group	706090	0.00	0.00	New Windmill Point	148626	0.00	75.00
Back to Basics	617295	0.00	0.00	Okeechobee Discussion		0.00	0.00
Bayside GP	134955	0.00	252.50	Okeechobee Kiss Group	643906	0.00	0.00
Begin Where You Are	666125	0.00	75.00	Okeechobee Night Group	103633	0.00	0.00
Better By The Beach	688860	0.00	504.00	Okeechobee Noon Group	147217	30.00	330.00
Better Understanding	670079	0.00	0.00	Okeechobee Sobriety Group	643907	0.00	0.00
Bleeding Deacons	710958	0.00	480.00	Primary Purpose Welcome Home	141056	0.00	0.00
Easy Does It	149241	0.00	80.00	Primary Purpose Bayshore	679364	0.00	0.00
Emotional Sobriety		0.00	0.00	PSL AA Tues. Nite Group	103698	10.00	250.00
Eye Opener	169889	50.00	1,550.00	PSL Men's Group Tuesday	163940	0.00	130.00
First Things First	697413	0.00	348.19	PSL Sat. AM Men's Group	606637	0.00	480.00
Friday Night Men's	604208	0.00	0.00	Reach Out Group	714201	0.00	50.00
Friendship Group	103470	0.00	0.00	Sisters of Sobriety	700856	0.00	0.00
From Darkness To Light		0.00	0.00	Sour Grapes Group	690990	0.00	0.00
Gays In Recovery	655112	0.00	60.00	Step Into Action	696779	40.00	60.00
Good Guys North	678914	40.00	115.00	Step Sisters	683996	0.00	100.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Sun Rise 11th Step		0.00	0.00
Grupo Serendad PSL (Spanish)		0.00	0.00	The Future of AA (Young People)	697507	0.00	0.00
Happy Hour Living Sober	653464	0.00	750.00	Tough Love Group		0.00	0.00
Heard it thru the Grapevine GP	662713	0.00	0.00	Warriors		0.00	0.00
Helping Hands Group	654010	0.00	130.00	Watch your Steps	645676	0.00	75.00
Higher Power Sunday	679339	27.00	1,048.00	We Stopped in Time	669606	0.00	312.00
How It Works-Bayshore		0.00	0.00	Westside Ft Pierce	125608	0.00	0.00
Just For Today	168564	0.00	50.00	Wolff Road Group Okeechobee	703404	0.00	50.00
KISS	127410	0.00	603.00	Women Stepping Up	157843	50.00	200.00
Lakewood Park	177727	20.00	160.00	Women's New Beginnings	611306	0.00	100.00
Last Call	151221	0.00	200.00	TOTAL AA GP Contributions		482.00	10,681.75

This is not intended to direct AA members to specific meetings; please refer to our Where&When for area meeting places, types and times. If your group's number is not shown here, please contact the Intergroup Office so we may correct it. Thank you.

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 Tips on Keeping Your Holiday Season Sober and Joyous

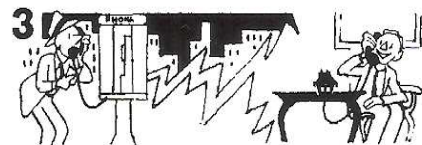
Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



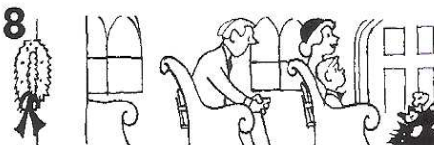
Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



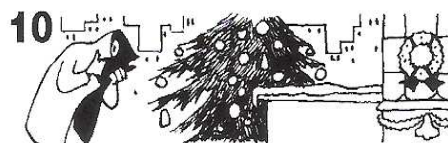
Don't think you have to stay late. Plan in advance an "important date" you have to keep.



Worship in your own way.



Don't sit around brooding. Catch up on those books, museums, walks, and letters.



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

On the Twelfth Step ...

The 12th Step...

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

The Twelfth Step Principle...

The principles behind the 12th step are Charity and Love

A TWELFTH-STEP PRAYER

Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for inner strength and wisdom to practice the principles of this way of life in all I do and say. I need You, my friends, and the Program every hour of every day. I give thanks for all I am thus offered.

Amen.

On the Twelfth Step ...

Tradition Twelve...

Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

The Twelfth Tradition Checklist ...

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition – or belie it?
7. Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior – especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of me among more than a million AAs?