

# Language of the Heart District 6 Spaghetti Dinner

*St. Lucie Catholic Church, Port St. Lucie*

*Saturday, February 13th, 2016*

**Food Entertainment Fun Fellowship Love**

**Doors open at 5 p.m.**

**280 SW Prima Vista, Port St Lucie, FL**

**UPDATE:** In St. Lucie Catholic Church's Father Hickey Hall  
Just West of the church and across street from St Andrews

Tickets are \$15\_\_a limited number  
are available prior to event:

Contact for tickets: Shawn M. 561-801-9093

*\*Note: Vouchers MUST be turned in for actual tickets **prior** to the event.*

*Tickets can NOT be redeemed at the door. You must have a ticket to attend\**

Calling All AA Groups & Members: Please bring  
donated AA literature to be raffled (if willing and able)





## The 2nd Step...

Came to believe that a Power greater than ourselves could restore us to sanity.



# EASY DOES IT ...

Early sobriety was anything but “easy” for me. I didn’t want to drink but there was so much I had to do!!!

sponsor

7. Get a job

8. Establish a network of sober people

9. Be available to my family

10. Read a meditation every morning to start the day

Call at least 3 members of my network daily

### *Meanwhile ...*

- Start the new job
- Keep house
- Entertain company

1. Don’t drink

2. Go to meetings (start with 90 meetings in 90 days)(then do 91, 92 etc.)

3. Get a sponsor

4. Pray

5. Do the Steps

6. Meet with my

***Repeat above One Day at a Time ... then ...***

Join a Big Book Study AND a Step Study group.

Guess what???? I had a job when I was drinking, I kept house, entertained and was available for my family. But my attitude during that time was very bad. Now I

*(Continued on page 2)*

One of our local fellowship members continues her reflections on her path in sobriety and now begins to look at how our most visible slogans fit into her own toolbox.

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](http://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](http://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.

*PI/CPC Committee* Meeting ... the 4th 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](mailto: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](mailto:stlucieintergroup@att.net)**



# EASY

(Continued from page 1)

was working to change my attitude. Stop the griping and complaining. Be a better person.

My sponsor sat me down and explained about EASY does it. But do it. Plan out the day around a meeting. Once that time is blocked out, all the

## ADDRESSES FOR GROUP DONATIONS

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

South Florida Area 15 Treasurer  
PO Box 690275

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



# DOES IT

other parts of the day actually fit in place. I could take a deep breath!!

Thankfully I was able to put all of the above in my daily life by becoming disciplined. New behavior. New attitude. And I realized I was enjoying myself and sleeping well. No doom and gloom hanging over my head.

## January Anniversaries ...

### LUNCH BUNCH

Brian C	3 yrs
Charlie M	30 yrs
Vincent C	30 yrs
Donna M	43 yrs

### BEGIN WHERE YOU ARE

Edie J	9 yrs
Tim B	25 yrs
Anita	29 yrs

*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 Office know, too. ... Or for your Group Secretary or GSR to tell us ... or for **YOU!!!***

# Group Contributions through December 30, '15

Group	Group #	DEC	YTD	Group	Group #	DEC	YTD
124th GP		0.00	0.00	Late Risers	681809	0.00	350.00
164 GP	648188	0.00	0.00	Lunch Box		0.00	0.00
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	50.00	500.00
AA Midday Matinee Bayshore	172992	0.00	0.00	Men's Sobriety Group	172529	0.00	510.00
AA Promises GP	671816	0.00	0.00	Midday Matinee	172992	1779.23	2728.29
Alternate MC Beginners AA GP	645696	0.00	0.00	New Hope	163611	20.00	230.00
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	402.50	Okeechobee Kiss Group	643906	0.00	0.00
Before & After		37.25	37.25	Okeechobee Night Group	103633	0.00	0.00
Begin Where You Are	666125	0.00	75.00	Okeechobee Noon Group	147217	30.00	360.00
Better By The Beach	688860	160.	664.00	Okeechobee Sobriety Group	643907	0.00	0.00
Better Understanding	670079	0.00	0.00	Primary Purpose Welcome Home	141056	0.00	0.00
Bleeding Deacons	710958	0.00	480.00	Primary Purpose Bayshore	679364	0.00	0.00
Easy Does It	149241	0.00	81.00	PSL AA Tues. Nite Group	103698	10.00	270.00
Emotional Sobriety		0.00	0.00	PSL Men's Group Tuesday	163940	0.00	130.00
Eye Opener	169889	100.00	1700.00	PSL Sat. AM Men's Group	606637	120.00	600.00
First Things First	697413	64.00	412.19	Reach Out Group	714201	0.00	50.00
Friday Night Men's	604208	0.00	0.00	Sisters of Sobriety	700856	0.00	0.00
Friendship Group	103470	0.00	0.00	Sour Grapes Group	690990	0.00	0.00
From Darkness To Light		0.00	0.00	Step Into Action	696779	40.00	60.00
Gays In Recovery	655112	24.40	84.40	Step Sisters	683996	0.00	100.00
Good Guys North	678914	0.00	115.00	Sun Rise 11th Step		0.00	0.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	The Future of AA (Young People)	697507	0.00	0.00
Grupo Serendad PSL (Spanish)		0.00	0.00	Tough Love Group		0.00	0.00
Happy Hour Living Sober	653464	0.00	750.00	Warriors		0.00	0.00
Heard it thru the Grapevine GP	662713	50.00	50.00	Watch your Steps	645676	0.00	135.00
Helping Hands Group	654010	0.00	130.00	We Stopped in Time	669606	0.00	312.00
Higher Power Sunday	679339	127.00	1175.00	Westside Ft Pierce	125608	0.00	0.00
How It Works-Bayshore		0.00	0.00	Wolff Road Group Okeechobee	703404	2.00	52.00
Just For Today	168564	0.00	50.00	Women Stepping Up	157843	0.00	200.00
KISS	127410	500.00	1103.00	Women's New Beginnings	611306	0.00	100.00
Lakewood Park	177727	20.00	200.00				
Last Call	151221	100.00	300.00	TOTAL AA GP Contributions		3191.88	14571.63

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

**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."**

# IF YOUR AA TOOLS BOOST YOUR SOBRIETY GIVE YOURSELF A VALENTINE!



## 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 Second Step ...*

### The Second Step...

Came to believe that a Power greater than ourselves could restore us to sanity.

### The Second Step Principle...

The principle behind the 2nd Step is COURAGE

# *A SECOND STEP PRAYER*

*Heavenly Father, I am having trouble with personal relationships. I can't control my emotional nature. I am prey to misery and depression. I can't make a living. I feel useless. I am full of fear. I am unhappy. I can't*



*seem to be of real help to others. I know in my heart that only you can restore me to sanity if I am just willing to stop doubting your power. I humbly ask that you help me to understand that it is more powerful to believe than not to believe and that you are either everything or nothing.*  
*AMEN*

## *On the Second Step ...*

### **The Second Tradition ...**

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

### **The Second Tradition Checklist ...**

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?