

# 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.**

**425 SW Irving St. Port St Lucie, FL**

(Across street from St Andrews on Prima Vista Blvd)

Tickets are \$15\_\_a limited number will be available

Contact these representatives for tickets prior to event:

*Martin:* Shawn M\_ 561-801-9093

*St Lucie:* Renee R\_772-807-0532

*Indian River:* 772-538-9061

*Okeechobee:* Jerry H\_ 561-662-3663

*\*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 1st Step...

We admitted we were powerless over alcohol —that our lives had become unmanageable.



## “Live Easy But Think First”

The word “Live” is the first of the sentence seen in every AA room I have been in. “Live and Let Live...” Yeah, so what does that mean?

LIVE: The first thing I learned was I had to live a sober life. No booze or other mind altering substances that make me break out in bad behavior. This was a whole new idea for me.

While drinking I continued my graduate level education. Gave up a marriage of fifteen years to do what I thought was best for me. I did hold several responsible positions



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.

with titles. I was an arrogant control freak. I was always right and I would tell you everything you were doing wrong.

I was living my life and making my choices which I thought were perfect. Outward appearances were all I cared about. My choices were based on my inability to love myself. So I put on an act to be accepted. I could be anything you seemed to like or want.

Obviously the life I lived, based on the choices I made,

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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)**



(Continued from page 1)

was very painful to others and ultimately to myself. I never gave a thought to others and only when my own pain became overwhelming I had to change. I knew I had to stop drinking.

Now I live sober. I have learned to love myself. I recognize that God doesn't make junk. And the God of my understanding made me. Therefore I: don't drink, go to meetings, keep my side of the street clean and try to help others.

I continued to have responsible positions but was a better employee. I have people in my life who are not "wrong" all the time. I have learned to be a friend and I am blessed to call many women and men friends. I had a wonderful second marriage of over thirty years!

LET LIVE: All of the above happened when I stopped being in control. Other people have the right to their opinions,

habits, life - styles. I am me----- they are they. I accept them. It doesn't mean I have to have a "BFF" with whom I am uncomfortable. Love thy neighbor. I don't have to like the behavior/choices of others. I won't let anything infringe on my sobriety.

This makes my life so much better and much, much, easier. Because I know who I am; what my goals are and how to get there, I can focus on me and leave you alone!!!

## ***December Anniversaries ...***

### ***LUNCH BUNCH***

Paul P	3 yrs
Joy B	8 yrs
Marnie C	26 yrs

### ***BEGIN WHERE YOU ARE***

Wilma	2 yrs
Glenn	6 yrs
Janie	14 yrs

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

### **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

# Group Contributions through November 30, '15

Group	Group #	NOV	YTD	Group	Group #	NOV	YTD
164 GP	648188	0.00	0.00	Late Risers	681809	0.00	350.00
Sunday Men's Sobriety Group	172529	200.00	510.00	Lunch Box		0.00	0.00
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	175.00	450.00
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	30.00	210.00
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	150.00	402.50	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	1.00	81.00	Primary Purpose Bayshore	679364	0.00	0.00
Emotional Sobriety		0.00	0.00	PSL AA Tues. Nite Group	103698	10.00	260.00
Eye Opener	169889	50.00	1,600.00	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	60.00	135.00
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	2.00	52.00
KISS	127410	0.00	603.00	Women Stepping Up	157843	50.00	200.00
Lakewood Park	177727	20.00	180.00	Women's New Beginnings	611306	0.00	100.00
Last Call	151221	0.00	200.00	TOTAL AA GP Contributions		698.00	11379.75

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."**

# **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.)**

# *On the First Step ...*

## The First Step...

We admitted we were powerless over alcohol — that our lives  
had become unmanageable.

## The First Step Principle...

The principle behind the First Step is Acceptance.

## **Bill W. on Tradition One, 1947**

©Grapevine, December 1947, reprinted with permission

Our whole AA program is securely founded on the principle of humility that is to say, perspective. Which implies, among other things, that we relate ourselves rightly to God and to our fellows; that we each see ourselves as we really are -- "a small part of a great whole". Seeing our fellows thus, we shall enjoy group harmony. That is why AA Tradition can confidently state, "Our common welfare comes first."

"Does this mean," some will ask, "that in AA the individual doesn't count too much? Is he to be swallowed up, dominated by the group?"

No, it doesn't seem to work out that way. Perhaps there is no society on earth more solicitous of personal welfare, more careful to grant the individual the greatest possible liberty of belief and action. Alcoholics Anonymous has no "musts." Few AA groups impose penalties on anyone for nonconformity. We do suggest, but we don't discipline. Instead, compliance or noncompliance with any principle of AA is a matter for the conscience of the individual; he is the judge of his own conduct. Those words of old time, "judge not," we observe most literally.

"But," some of us argue, "if AA has no authority to govern its individual members or groups, how shall it ever be sure that the common welfare does come first? How is it possible to be governed without a government? If everyone can do as he pleases, how can you have aught but anarchy?"

The answer seems to be that we AA's cannot really do as we please, though there is no constituted human authority to restrain us. Actually, our common welfare is protected by powerful safeguards. The moment any action seriously threatens the common welfare, group opinion mobilizes to remind us; our conscience begins to complain. If one persists, he may become so disturbed as to get drunk; alcohol gives him a beating. Group opinion shows him that he is off the beam, his own conscience tells him that he is dead wrong, and, if he goes too far, Barleycorn brings him real conviction.

So it is we learn that in matters deeply affecting the group as a whole, "our common welfare comes first." Rebellion ceases and cooperation begins because it must; we have disciplined ourselves.

Eventually, of course, we cooperate because we really wish to; we see that without AA there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm AA. We humbly confess that we are but "a small part of a great whole."

# *On the First Step ...*

## Tradition One...

Our common welfare should come first; personal recovery depends on AA unity.

### The First Tradition Checklist ...

1. Am I in my group a healing, mending, integrating person, or am I divisive?  
What about gossip taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?"
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?