



*Love and Service
District 6 2017
Spaghetti Dinner*

Food ♥ Entertainment ♥ Fun ♥ Fellowship ♥ Love

♥♥♥♥ Saturday, February 11th, 2017 ♥♥♥♥

Holy Family Catholic Church

2230 Mariposa Ave. Port St Lucie, FL

Doors open at 5 p.m.

Ticket Contribution \$15

Contact your Intergroup Office for ticket info

**Note: Raffle prize ticket vouchers MUST be exchanged for actual tickets prior to the event.*

*Vouchers 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.



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Survived *those* holidays!!!

But the Glow Remains ... AA Grapevine

January 1971

(thanks Ronny H.)

The tinsel tree is down and Christmas is over. . .

THIS IS an after-Christmas story. The tinsel is down; the dead needles are vacuumed up. But the glow remains. Rather, the glow arrived for the first time, and it's staying. Christmas is a thing of the heart. It's one gigantic AA meeting that nonalcoholics, too, can get in on emotionally. Christmas is no more than the love and the understanding I find over the coffee cups at every meeting I attend. But never before did I know how to love and accept being loved. No wonder Christmas always shook me.

As far back as I remember, Christmas was a time for fears and tears on a grand scale. I was a timid child, scared of everything, constantly being upset by anything that wasn't an everyday part of our household and many things that were. Then came Christmas Eve, bringing that loudmouthed, ratty-bearded, red-flanneled old man. I wanted to run in panic, but someone always pushed me toward terror.

It might have been different if he'd brought pre-

sents worth the fright. But it was always socks and hankies, a bag of candy and a book. No matter that those were depression years, and many kids didn't get even candy or books. I must have been an alky even then, because I wanted the perfect, unattainable, magic present. I'd have settled graciously for a three-foot talking doll, though dolls didn't talk then, except to say "Mama." Every Christmas was a vast disappointment, because the one gift which would make everything all right--or nearly so--was never there.

As I grew, I added to the emotional bag most alxies carry through the holidays: my unrealistic dream of the ideal, the impossible, but for me the only happy Christmas; the loneliness I felt so keenly the rest of the year, intensified when everyone else was being obviously *un-lonely*; the precious, never-neglected mourning of supposedly happier past Christmases and the people I had shared them with, but never would again; my resentment at demands to send cards, shop, contribute, bake, sing carols, smile, give; perhaps most important, the internal agonies as I increasingly loused up one holiday after another after another.

(Continued on page 7)

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

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
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

883 E 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 Last Thursday of the month, 6:30 p.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
Howard_F@comcast.net
772-441-8006**

**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**

Survived *those* holidays!!!

(Continued from page 1)

For instance, there was the year I bought my sons English ten-speed racer bikes. The bikes were hidden across the street, and on Christmas Eve, fortified by a gallon of wine, I went for them. My neighbor noticed my wobbling, so he delivered the second one. I draped stockings over the handlebars and passed out on the sofa.

At dawn or possibly earlier, there were the kids, squealing ecstatically--not the world's best medicine for me. I barked a few fast words; the boys left; and somewhere near noon I came to--alone! Imagine those ungrateful youngsters, leaving me to spend Christmas by myself!

It took a year to pay for those bikes. If only I had been less pushed by my guilt at doing so badly, had bought what I could afford, and had given it in love and gentleness! Of course, the following Christmas I bought presents to make up for ruining last year's--a vicious, never-ending cycle.

After my first four years in AA, my sons were willing to speak to me, to come into my house to eat or talk with me. That was a miracle, and it happened faster than I deserved, because I'd spent more than four years telling them with my every action, if not with words, to go to hell--who wanted or needed them? Today, I know I do.

But even with physical sobriety, holidays were an emotionally spiraling, miserable mess. My second dry year, I tried to make the office party. Someone said, "Want some coffee?"--and I spent two hours sobbing. A couple of years later, another AA member drove nearly fifty miles (I think this was on Thanksgiving, but I was rehearsing my Christmas misery) and repeatedly offered to take me to dinner. But I refused to stop crying. Poor me! Finally he left, ate, and came back with a turkey

sandwich, which I swallowed between snivels. (You catch me being as tolerant as he was, it'll be an icy day you-know-where.)

Christmas of 1968 was the first tolerable holiday I'd ever had. That was not my fault! We had a big AA group, nearly all men without families, kitchens, or dining-room tables, so me and my stove got volunteered. I was so busy giving everybody the Thanksgiving and then the Christmas they wanted, that I didn't blow up until around 9:30 Christmas night. Then I went sky-high--but the effort had been the best I'd made in my life, and I hadn't ruined the season for everyone else.

I thought about that afterwards. It hadn't been a happy holiday, but it had been bearable. That was progress. I hadn't agonized. That was one thing AA had taught me: I didn't have to hurt inside. On the Christmas just past, I hadn't hurt nearly as badly. There had to be a reason, if I could figure it out.

"Physically dry" doesn't mean "fully recovered," I found. The message was simple, but this complicated kook spent weeks realizing what it actually meant.

Intergroup Anniversaries

DECEMBER 2016

Lakewood Park

Jill "jilly bean"	1 yr
Ashley	2 yrs
Ann M	3 yrs
Melissa P	3 yrs
Terry R	3 yrs
David W	4 yrs
Jim G	7 yrs
Mary Beth J	16 yrs
Carol L	19 yrs
Chris N	20 yrs
Willy C	37 yrs
Beverly R	41 yrs

ADDRESSES FOR GROUP DONATIONS

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

South Florida Area 15
Treasurer
PO Box 690275
Vero Beach, Fl 32969

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

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

2016 Group Contributions through Nov. 30

GROUP	Group #	NOV.	YTD	GROUP	Group #	NOV.	YTD
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	0.00	575.00
AA Promises GP	671816	0.00	0.00	Men's Sobriety Group	172529	100.00	380.00
Alternate MC Beginners AA GP	645696	0.00	0.00	Midday Matinee	172992	0.00	340.00
An AA Group	706090	0.00	0.00	New Hope Group	163611	100.00	460.00
Back to Basics	617295	97.00	430.00	New Windmill Point	148626	0.00	0.00
Bayside GP	134955	0.00	0.00	Okeechobee Discussion		0.00	0.00
Begin Where You Are	666125	0.00	0.00	Okeechobee Night Group	103633	0.00	100.00
Better By The Beach	688860	0.00	540.76	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	450.00	Okeechobee Women's Group		0.00	0.00
Easy Does It	149241	0.00	180.00	One Page at a Time	648188	68.50	68.50
Ensollielle (French, seasonal)		0.00	25.00	Primary Purpose Welcome Home	141056	0.00	0.00
Eye Opener	169889	100.00	1050.72	Primary Purpose Bayshore	679364	0.00	150.00
First Things First	697413	67.75	860.07	PSL AA Tues. Nite Group	103698	20.00	175.00
Friday Night Men's	604208	0.00	50.00	PSL Sat. AM Men's Group	606637	375.00	865.00
Friendship Group	103470	0.00	0.00	Reach Out Group	714201	0.00	57.00
From Darkness To Light		0.00	0.00	Sisters of Sobriety	700856	0.00	0.00
Gays In Recovery	655112	0.00	50.00	Sour Grapes Group	690990	0.00	0.00
Good Guys North	678914	0.00	75.00	Step Into Action	696779	0.00	206.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Step Sisters	683996	0.00	100.00
Grupo Serendad PSL (Spanish)		0.00	0.00	Sun Rise 11th Step		0.00	0.00
Happy Hour Living Sober	653464	0.00	150.00	Talking Feathers		0.00	122.50
Heard it thru the Grapevine GP	662713	0.00	0.00	The Future of AA (Young People)	697507	0.00	0.00
Helping Hands Group	654010	0.00	170.00	Tough Love Group		0.00	0.00
Higher Power Sunday	679339	93.00	93.00	Warriors		0.00	130.00
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	0.00
Keep It Simple— Okeechobee	643906	0.00	50.00	Westside Ft Pierce	125608	0.00	0.00
KISS	127410	0.00	501.05	Wolff Road Group Okeechobee	703404	0.00	50.00
Lakewood Park	177727	0.00	245.00	Women Stepping Up	157843	0.00	200.00
Last Call	151221	0.00	200.00	Women's New Beginnings	611306	0.00	50.00
Late Risers	681809	0.00	300.00				
Lunch Box		0.00	0.00	TOTAL AA GP Contributions		697.00	8727.85

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

25th ANNUAL volunteer recognition

LASAGNA DINNER

**Saturday, January 21, 2017, 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
883 E 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.

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 ...

The First Step Principle...

The principle behind the First Step is Acceptance.

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?