

Upcoming Events ...



www.59.FIStateConvention.com

Rosen Plaza Hotel 9700 International Drive Orlando FL 32819

800-627-8258 or 407-996-9700 Ask for Florida State Convention rate



Step Seven

Humbly asked Him to remove
our shortcomings

JULY 2015



Humility and Happiness

I N G R A T I T U D E

In step 7 of the 12x12 it says that "humility, as a word, is often misunderstood". When asked, what is the opposite of humility; my first guess would be Pride. Who could argue that? It was in my 22nd year of sobriety, when I had a phone call from my first wife's husband at the time and the conversation started going south. I was trying to refrain from bickering with him and when he couldn't get any traction, he made the statement that, "He had heard stories about me in the past, and that I was no angel. I thought about for a few seconds, and responded "Dave, I've done a lot of things in my life that I'm not proud of, but I'm not ashamed of anything I've done in the last 22 years." The call ended peacefully.

It didn't occur to me at the time, but in that phone call, the polarity of pride and shame was evident. About 16 years later, at a meeting, the discussion of Humility came up and I listened to all the different points of view. The memory of that phone call came back and I questioned where humility fits in. In the 12x12 Step 5, it amounts to "a clear recognition of what and who we really are followed by a sincere attempt to become what we could be". With Pride at one extreme and Shame at the other, I see Humility right in the middle. It simply

means doing the things we are supposed to be doing every day, and doing them without fanfare. I always knew what I was supposed to be doing but with an overbearing sense of insecurity and neediness, seldom was I strong enough to do the right thing. I developed a sense of unworthiness that prevailed until I found a solution in the bottle which only deepened my guilt and shame.

In one of my more recent articles I explained that I was doing a little research to find the definition of the word happiness and discovered that it is often described as "a byproduct of right living, and not an end in itself" Happiness is not a goal, but it is the result of living right. A friend once shared at a meeting that satisfying his wants will never make a person happy. Another person shared that she had read something that described it like this:

"happiness is like a butterfly, the more you chase it, the farther away it gets, but when you stand still, it will land on your shoulder". If my motive is to create happiness, it's probably not going to happen. I believe that this perspective applies to Humility as well. I also believe that right living is a good start. I don't think that anybody can claim humility for themselves but we can see it in others.

(Continued on page 7)

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."

District 6 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 or
call 772-49SOBER

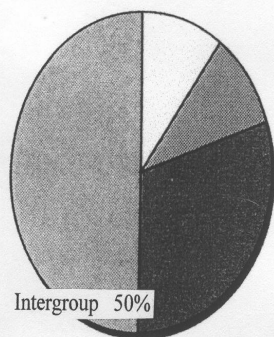
St. Lucie Intergroup needs to update our
Twelfth Step list. If you would like to be
contacted to help insure that the hand of AA
is always there, please contact the Intergroup
Office and leave your information: name,
phone number and hours available so we can
continue to help the still sick and suffering
alcoholic. Call 772-873-9299 or e-mail
stlucieintergroup@att.net

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

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. (See details at bottom of this column) ... Or for your GSR ... or for YOU!!!

June Anniversaries ...

Lunch Bunch

Chris M	3 yrs
Josh H	5 yrs
Lou S	27 yrs
Steve A	29 yrs
Steve L	32 yrs

Begin Where You Are

Demitrious	2 yrs
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Westside Group

Annie D.	24 yrs
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(Please e-mail anniversaries at the end of the month to info@aastlucieintergroup.com or drop off at office by the third of the month or have your GSR do so. Thanks!)

Humility and Happiness

(Continued from page 1)

I've known some humble people and they have some things in common: They seldom bring attention to themselves, they never criticize others, they are always comforting, and they are always an asset and never a liability. Humble people do the things they were taught as a child. They treat others with respect. They are: trustworthy, loyal, helpful, friendly, courteous, kind, obedient..... Sound familiar? I learned it in the boy scouts. I learned the Golden Rule in church, but I was never strong enough to live by it. If you're not sure what you're supposed to be doing, read the 11th Step Prayer in the 12x12 or The Boy Scouts Laws, or try practicing The Golden Rule. That should be a pretty good start. When I found Alcoholics Anonymous, I was reintroduced to these values that helped to rein in my ego, and today I am at peace with myself and with others. (Rick R., Salt River Intergroup, Arizona)

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

2015 Group Contributions through May 31

Group	Group #	MAY	YTD	Group	Group #	MAY	YTD
164 GP	648188	0.00	0.00	Late Risers	681809	0.00	150.00
4th Dimension	648185	0.00	0.00	Lunch Box		0.00	0.00
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	0.00	50.00
AA Midday Matinee Bayshore	172992	0.00	0.00	Men's Sobriety Group	172529	0.00	160.00
AA Promises GP	671816	0.00	0.00	Midday Matinee	172992	0.00	646.84
Alternate MC Beginners AA GP	645696	0.00	0.00	New Hope	163611	20.00	80.00
An AA Group	706090	0.00	0.00	New Windmill Point	148626	0.00	50.00
Back to Basics	617295	0.00	0.00	Okeechobee Discussion		0.00	0.00
Bayside GP	134955	0.00	0.00	Okeechobee Kiss Group	643906	0.00	0.00
Begin Where You Are	666125	0.00	0.00	Okeechobee Night Group	103633	0.00	0.00
Better By The Beach	688860	0.00	304.00	Okeechobee Noon Group	147217	30.00	180.00
Better Understanding	670079	0.00	0.00	Okeechobee Sobriety Group	643907	0.00	0.00
Bleeding Deacons	710958	150.00	330.00	Primary Purpose Welcome Home	141056	0.00	0.00
Easy Does It	149241	40.00	80.00	Primary Purpose Bayshore	679364	0.00	0.00
Emotional Sobriety		0.00	0.00	PSL AA Tues. Nite Group	103698	10.00	200.00
Eye Opener	169889	0.00	900.00	PSL Men's Group Tuesday	163940	0.00	130.00
First Things First	697413	0.00	115.44	PSL Sat. AM Men's Group	606637	0.00	240.00
Friday Night Men's	604208	0.00	0.00	Reach Out Group	714201	0.00	30.00
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	0.00	20.00
Good Guys North	678914	0.00	50.00	Step Sisters	683996	0.00	0.00
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	600.00	Tough Love Group		0.00	0.00
Heard it thru the Grapevine Gr	662713	0.00	0.00	Warriors		0.00	0.00
Helping Hands Group	654010	0.00	70.00	Watch your Steps	645676	0.00	75.00
Higher Power Sunday	679339	83.00	552.00	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	0.00
KISS	127410	0.00	603.00	Women Stepping Up	157843	0.00	100.00
Lakewood Park	177727	20.00	80.00	Women's New Beginnings	611306	0.00	100.00
Last Call	151221	0.00	100.00	TOTAL AA GP Contributions		353.00	6418.28

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.

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DISTRICT 6
OKEECHOBEE FISH FRY

Great Food



Saturday
September 12
2015
10 AM—3 PM

Okeechobee Civic Center
1750 Hwy 98 N
Okeechobee 34973

Catch a fish...



... We'll cook it!

TICKETS \$12

*In Advance or At
the Door*

***Please bring a
COVERED DISH
or a DESSERT***

Children's



Playground

On the Seventh Step ...

The Seventh Step ...

Humbly asked Him to remove our shortcomings

The Seventh Step Principle ...

The principle behind the Seventh Step is *HUMILITY*.

The Seventh Tradition ...

Every AA group ought to be fully self supporting,
declining outside contributions.

My Seventh Tradition Checklist ...

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

On the Seventh Step ...

The Seventh Step Prayer ...

My Creator, I am now willing that
you have all of me, good and bad.
I pray that you now remove from me
every single defect of character
Which stands in the way of my
usefulness to you and my fellows.
Grant me strength,
as I go out from here,
to do your bidding. Amen

(P. 76 OF ALCOHOLICS ANONYMOUS, "THE BIG BOOK")