

**DISTRICT 6
OKEECHOBEE FISH FRY**

Great Food



**SUNDAY
September 11
2016**

10 AM—3 PM

Okeechobee Civic Center

1750 Hwy 98 N

Okeechobee 34973



**Please Bring a Dessert to Share
TICKETS \$15 EACH
RAFFLES FUN FOOD FELLOWSHIP**



Step Seven

Humbly asked Him to remove
our shortcomings



“If we are painstaking about this phase of our development”

These, of course, are the opening words of “The Promises” as read at so many meetings. Let’s look at what they say:

First Word “IF” — granting or supposing that; on condition that.

IF: Big word. It tells me that there is a condition placed on the Promises. They won’t come to me unless I meet the condition of painstaking.

Second Word “We” — in this context is the universal form.

“We” is used here because the Big Book was written to explain what the early AA members (plural) did to get sober.

Yes, each individual person did the work for themselves. **“I”** had to have

be painstaking in working steps One through Nine. **I** had serious work to do if **I** wanted these promises.

Fourth Word “PAINSTAKING” — expending or showing diligent care and effort; careful.

For most of us, a sponsor leads us forward in this effort. The sponsor has achieved the promises, knows the peace and serenity of this achievement and wants us to know it also.

My sponsor gave me her time and shared her experience. She was very patient with me. In following her suggestions and doing the “homework” she assigned, I worked hard. I did put forth the effort.

Fifth Word “PHASE” — a part or

(Continued on page 3)

One of our local fellowship members continues her reflections on her path in sobriety and now proceeds 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

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.

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**

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 In-
tergroup 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

June Anniversaries

KISS

		Lou S.	28 yrs
Ginger	13 yrs	Steve L.	33 yrs
Juanita	14 yrs		
Iris	31 yrs		

BEGIN WHERE YOU ARE

LUNCH BUNCH

		Dimitrius	3 yrs
Bruce R.	1 yr		
Gary M.	1 yr	Bob S.	12 yrs
Johnny L.	1 yr	Anne K.	22 yrs
Peter W.	1 yr	Jim L.	27yrs
Chris M.	4 yrs	Judy L.	29yrs
Josh H.	6 yrs		

LAKEWOOD PARK

*Our description of the alcoholic, the chapter
to the agnostic, and our personal adventures*

before and after make clear

three pertinent ideas:

*That we were alcoholic and could not manage our
own lives.*

*That probably no human power could have
relieved our alcoholism.*

That God could and would if He were sought.

2016 Group Contributions through May 30

Group	Group #	MAY	YTD	Group	Group #	MAY	YTD
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	75.00	375.00
AA Promises GP	671816	0.00	0.00	Men's Sobriety Group	172529	0.00	210.00
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	50.00	160.00
Back to Basics	617295	0.00	0.00	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 Combat Veterans		0.00	0.00
Better By The Beach	688860	0.00	213.60	Okeechobee Night Group	103633	0.00	50.00
Better Understanding	670079	0.00	0.00	Okeechobee Noon Group	147217	60.00	180.00
Bleeding Deacons	710958	0.00	450.00	Okeechobee Sobriety Group	643907	0.00	0.00
Easy Does It	149241	0.00	60.00	Okeechobee Women's Group		0.00	0.00
Ensollielle (French, seasonal)		25.00	25.00	One Page at a Time	648188	0.00	0.00
Eye Opener	169889	50.00	450.72	Primary Purpose Welcome Home	141056	0.00	0.00
First Things First	697413	65.04	249.69	Primary Purpose Bayshore	679364	0.00	150.00
Friday Night Men's	604208	0.00	50.00	PSL AA Tues. Nite Group	103698	10.00	125.00
Friendship Group	103470	0.00	0.00	PSL Sat. AM Men's Group	606637	0.00	240.00
From Darkness To Light		0.00	0.00	Reach Out Group	714201	0.00	10.00
Gays In Recovery	655112	0.00	50.00	Sisters of Sobriety	700856	10.00	20.00
Good Guys North	678914	50.00	75.00	Sour Grapes Group	690990	0.00	0.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Step Into Action	696779	0.00	0.00
Grupo Serendad PSL (Spanish)		0.00	0.00	Step Sisters	683996	0.00	0.00
Happy Hour Living Sober	653464	0.00	0.00	Sun Rise 11th Step		0.00	0.00
Heard it thru the Grapevine GP	662713	0.00	0.00	Talking Feathers		0.00	88.00
Helping Hands Group	654010	0.00	70.00	The Future of AA (Young People)	697507	0.00	0.00
Higher Power Sunday	679339	0.00	0.00	Tough Love Group		0.00	0.00
How It Works-Bayshore		0.00	0.00	Warriors		0.00	90.00
Just For Today	168564	0.00	0.00	Watch your Steps	645676	0.00	0.00
Keep It Simple— Okeechobee	643906	0.00	0.00	We Stopped in Time	669606	0.00	0.00
KISS	127410	300.00	301.05	Westside Ft Pierce	125608	0.00	0.00
Lakewood Park	177727	25.00	115.00	Wolff Road Group Okeechobee	703404	0.00	50.00
Last Call	151221	0.00	50.00	Women Stepping Up	157843	0.00	100.00
Late Risers	681809	0.00	150.00	Women's New Beginnings	611306	0.00	50.00
Lunch Box		0.00	0.00	TOTAL AA GP Contributions		645.04	4588.06

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."

(Continued from page 1)

step in a process: one part in a series of related events or actions

Certainly I went through “phases” in my drinking career. I took a lot of “steps” to get to full blown alcoholism. I didn’t plan to be an alcoholic. I didn’t think my drinking would take me down the “steps” to hell.

Later in AA as I worked with my sponsor, I was taking a new set of “Steps.” Step Four was not a difficult one for me. Then there were Steps Five through Nine!! For me these made for a steep climb. The effort has been worth it! I love being sober!!

Sixth Word

“DEVELOPMENT” — the act or process of creating something over a period of time.

Over time I have absorbed the Steps, although I didn’t know that would happen when I started working them with my sponsor. It was true: **“We will be amazed before we are half way through.”**

I was amazed when I woke up on the morning after I was admitted to treatment!! NO HANGOVER!!!!

Such a state was unimaginable at that point in my life. How well I remember the miserable mornings trying to get myself together enough to go to work. That morning was the beginning of my journey haven’t had a hangover since.

And, not only was I nowhere

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.

No matter how far down the scale we have gone, we will see how our experience can benefit others.

That feeling of uselessness and self pity will disappear.

We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.

Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us.

We will intuitively know how to handle situations which used to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us —sometimes quickly, sometimes slowly.

They will always materialize if we work for them.

Chapter 6, Page 83-84 of the book, Alcoholics Anonymous

near half way through, I had just started. ... *Still* I continue on this journey of sobriety. My gratitude for this way of life cannot be properly put into words.

“The Promises” as read at the meetings were just the beginning for me. All of them are in my life today. PLUS! PLUS! PLUS!

Someone made a long list of 149 promises that are in the Big Book. I’ve read that list and it is true.

When I finished my Ninth Step I

was officially *half-way through*. I’m so glad it was only half-way ... Because today I know the peace and serenity that comes through living the Steps in my life.

It is a lifetime journey that I am taking, *thanks to my higher power*.

I realize that I have, WITH MY GOD, created a life of sobriety. I know **“happy, joyous and free!”**

On the Seventh Step ...

The Seventh Step ...

Humbly asked Him to remove our shortcomings.

The Seventh Step Principle ...

The principle behind the 6th 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")