

Contentment ...

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what you accept. But you must accept it if you want change.

Now, if I am a guy who is thirsty for life at its fullest, and if I am moving from one level to the next by way of despair, I hereby announce that I will accept all of the despair that you can pile on me. I need it. I yearn for it. I love it. Not because I like feeling tied up in knots, but because I am obsessed with learning and living and feeling and growing, and, apparently, discontent and despair and unrest are the very ingredients of the fuel that I need.

I can understand that resentment because one didn't have a constant state of seren-

ity might lead to disillusion and then to a drunk, but I wholeheartedly disagree that diving into life and wrestling with it lead to a drunk. Malcontents don't slip; they change! They fight it out, and they love the struggle.

If, however, they demand that life be easy for them and if they demand that they be spared unrest and discontent and despair, they are in for trouble. God help the sober drunk who thinks that he has it made. God help the sober drunk who thinks that, because he has found the AA program, all clouds will remain pink, I like the color pink myself, but it palls after a while. Give me a good black one that I can get my teeth into.

The AA program gives us tools to work with. Measuring rods to level our lives with. The AA program is basic stuff. We all need basic stuff as a leveler. But, if the AA

program meant that, having found it, our troubles would be over, what would be the need of our meetings, our Big Book, our Twelve Steps and Twelve Traditions? We need these things as levelers, because we lose our way easily as we build and grow. And when we build and grow, we despair easily. It's our nature to do so. But to refind the program and to refind the Twelve Steps and the Twelve Traditions, and to refind the deep significance of our AA Slogans and to refind one another at meetings means that, having had enough of despair, we have come home once again, in order to prepare ourselves for the next fight. We try. We lose. (Sometimes we win.) But the point is that we try. And in the process we struggle and despair all over the place. Don't worry about it.

Dr. Earle M.



SOUTH FLORIDA AREA 15 GENERAL SERVICE ASSEMBLY “ARCHWAY to FREEDOM”

Hosted by District 4 * Sarasota County, Florida * July 21st-23rd, 2017

Registration Friday 4:00 PM - 8:30 PM; Saturday 8:00 AM - 8:30 PM; Sunday 7:00 AM - 9:00 AM

Special Needs at any meeting or workshop, hotel room with wheelchair access or interpreter for the hearing impaired for the Sunday morning business meeting can be arranged by contacting the Area Special Needs Chair (239)-940-0183 or specialneeds@area15aa.org by 07/07/2017.

Saturday Banquet Banquet Menu

No. of Chicken Dish _____
No. of Lasagna _____
No. of Vegetarian Option _____
Total Tickets at \$43 each _____
Total Amount Enclosed _____

Name _____

Address _____

City _____ ST _____

Zip _____

Phone _____

E-mail _____

District _____ Day you will arrive: Fri or Sat

Guests with special needs (state needs)

PAYMENTS DUE BY: July 15th, 2017

Checks payable to: District 4 G.S.

Mail to: Central Office of Sara-Mana

1748 Independence Blvd.,

Suite B-2 Sarasota, 34234

QUESTIONS? Contact: Mick G. (Banquet Chair)
at 941-587-0881

or District4 banquet chair at: gsalt@aaqrq.org

Hyatt Regency Sarasota

1000 Boulevard of the Arts
Sarasota, Florida, USA, 34236

Phone: 941-953-1234

Reservations: 1-888-421-1442

Reference “South FL Area General Service”

Room Rate: \$119.00 S/D \$129 T \$139 Q

Must be received by July 18th, 2017

FOR HOTEL ROOM WAIT LIST OR TO CANCEL A ROOM PLEASE CONTACT: hotelinfo@area15aa.org

Directions:

I-75 to Exit 210, turn West on Fruitville Road towards Sarasota for approx. 7 miles, turn right on Tamiami Trail, turn left first at traffic light onto Boulevard of the Arts

QUESTIONS? Contact Quarterly Chair

Text please or call Cori F 727-400-8991 or

District 4 Quarterly Chair at: district4quarterly@gmail.com



Step Six

*Were entirely ready to have God remove all
these defects of character.*



Contentment is NOT the goal, But a full sober life IS

I N G R A T I T U D E

IT IS AMAZING and a little depressing to see so many of our members drive themselves like madmen for perfect peace of mind and absolute serenity. Bags under their eyes, frowns on their foreheads--driving, driving. They act as though absolute peace of mind were the answer to life. Where do they get such a ridiculous idea? The Big Book doesn't mention it. Neither does Twelve Steps and Twelve Traditions. I can't find it in our other literature, either.

I haven't the slightest idea what the words "peace of mind" mean! I haven't the remotest concept of "serenity." "Contentment" is simply another word to me most of the time. Now and again, after a particularly rough emotional interval (and I have them constantly), I repeat the Serenity Prayer or say Easy Does It or First Things First, or any one of our Slogans, and peace and serenity and contentment come over me. I feel glorious and wonderful and calm and loving and giving. I even wonder what I was so upset about. I think that I have at last found the answer to life, and vow to hang on to my ecstasy for the rest of my life. And I mean it!

"Now you have it. Hang on to it. You fool, do you mean to tell me that it took you all of this time to tumble to the real meaning behind the AA program?" I murmur to myself. And I'll hang on to what I have

Excerpted from "Thank God for My Despair"

By Dr. Earle M.

- AA Grapevine November 1973

for about sixty seconds. Sometimes longer, maybe a day or even two. But not much longer.

Inevitably, the same old drag will come over me, and I'm off to the races on another tangent. Fighting, struggling, snarling, and making a mess of things for myself--inside, that is. On the outside, I'm the epitome of discipline and control.

We have a group where unsigned questions are submitted and then tossed out to the group by the chairman, for discussion. For years, I have saved the questions. The other day, I went over them. I wasn't at all surprised to find that over half of them were queries about peace of mind.

For instance, I was talking to one of our old-time members recently. He said that, in spite of his years of sobriety, he felt terrible most of the time. He told me that he was continually fighting one thing or the other. He wanted to know if I thought he would ever find contentment or peace of mind. I told him that I doubted it. Maybe snatches of it, but contentment for long periods was probably out.

We are a bunch of malcontents. The alcoholic

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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

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
Bldg R. (July: 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 Committee Meetings
(at the Intergroup Office
**883 E Prima Vista Blvd.
Port St Lucie, Fl 34952)****

DCMs/GSRs Meeting the 1st Saturday of month 10:30 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
Howard_F@comcast.net
772-441-8006**

**St. Lucie Intergroup needs to update our
Twelfth Step list. If you would like to be of
Service 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**



Anniversaries

APRIL 2017

Begin Where You Are

Ray W 22 yrs

Lina 2 yrs

Lakewood Park

Pat 13 yrs

Matt 9 yrs

Debbie 16 yrs

Paul 6 yrs

Lina 2 yrs

Angela 1 yr

Brian 1 yr

WHY AREN'T MY GROUP'S ANNIVERSARIES HERE???

We are anxious to share the successes of your friends! 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 Inter-group Office know, too.

Contentment is *NOT* the goal ...

(Continued from page 1)

is never satisfied for long intervals. Probably no one, alcoholic or not, is satisfied for long intervals. Otherwise, how would we learn and grow? The bottoms that I have hit since coming into AA have been far worse than anything I dreamed possible when I was drinking.

Why? Because, when I was drinking, I could always dive into the bottle and forget. But I don't want that any more. I want to remember! I want to live life to its fullest, and if this means lack of peace of mind, that's all right with me. I'm too busy fighting and struggling and feeling and seeing to want to erase life with booze.

An AA member needn't concentrate on finding serenity! What would he do with it if he had it? Probably curl up and die. The drunk is never satisfied. That's the way he grows. He fights and loses and learns, or he fights and wins and learns. But the point is that he loves the fight. He may complain about it, but take it away from him and he's in trouble. He didn't sober up to find peace. He sobered up so that he could live life to its fullest. And this means struggle and unrest and worry and concern, sprinkled here and there with snatches of peace. But these snatches of peace are just rest periods before the next fight begins.

We love the combat. Our trouble is

that we linger under the delusion that we are supposed to be happy. So, when we are unhappy and deluged with troubles, we feel that we are not on the program. Any member who is in a state of constant placidity may be on the program, but I do not believe he is living life to its fullest. He may be sober, but he's static.

Part of the fun in life is the misery of the battle. If I had my life to live again, I wouldn't change one single second of it. I would live it exactly the same way, because every second that I have lived has brought me closer and closer to what I have now. And I like what I have now. I like being a malcontent. I wouldn't give it up for the world. Discontent is my greatest friend. I told this to one of my friends recently, and he said, "You sound like you are in a constant state of despair."

I grabbed him by the coat and said, "If I am, thank God for despair. I'll take some more of it. Happiness is great, but it's like ice cream--I get tired of it. If the meat and the potatoes of life are despair and if despair has brought me what I have today, I want more of it. I'll give you a scoop of my ice cream if you'll give me some of your meat and potatoes."

Live, and you change. But you can't change until you have wholeheartedly accepted yourself exactly as you are. You may not like

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ADDRESSES FOR GROUP DONATIONS

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

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

South Florida Area 15
Treasurer
PO Box 56
Sebring, Fl 33870-0056

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

2017 Group Contributions through April 30

GROUP	Group #	APRIL	YTD	GROUP	Group #	APRIL	YTD
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	0.00	50.00
AA Promises GP	671816	0.00	0.00	Men's Sobriety Group	172529	0.00	300.00
Alternate MC Beginners AA GP	645696	0.00	0.00	Midday Matinee	172992	0.00	0.00
Back to Basics	617295	162.00	228.00	New Hope Group	163611	0.00	0.00
Bayside GP	134955	0.00	37.82	New Windmill Point	148626	0.00	0.00
Begin Where You Are	666125	0.00	0.00	Okeechobee Discussion		0.00	0.00
Better By The Beach	688860	206.15	375.34	Okeechobee Night Group	103633	0.00	252.00
Better Understanding	670079	0.00	0.00	Okeechobee Noon Group	147217	30.00	90.00
Bleeding Deacons	710958	0.00	0.00	Okeechobee Sobriety Group	643907	0.00	0.00
Easy Does It	149241	60.00	180.00	Okeechobee Women's Group		0.00	0.00
Ensollielle (French, seasonal)	681471	50.00	50.00	Primary Purpose Welcome Home	141056	50.00	50.00
Eye Opener	169889	100.00	550.00	Primary Purpose Bayshore	679364	0.00	0.00
First Things First	697413	0.00	131.11	PSL AA Tues. Nite Group	103698	0.00	20.00
Friday Night Men's	604208	25.00	25.00	PSL Sat. AM Men's Group	606637	200.00	450.00
Friendship Group	103470	110.00	110.00	Reach Out Group	714201	0.00	10.00
From Darkness To Light		0.00	0.00	Sisters of Sobriety	700856	0.00	0.00
Gays In Recovery	655112	35.00	35.00	Step Into Action	696779	72.00	72.00
Good Guys North	678914	0.00	0.00	Step Sisters	683996	0.00	80.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Sun Rise 11th Step		0.00	0.00
Grupo Serendad PSL (Spanish)		15.00	15.00	Talking Feathers		0.00	21.00
Happy Hour Living Sober	653464	500.00	600.00	The Future of AA (Young People)	697507	0.00	0.00
Heard it thru the Grapevine GP	662713	0.00	0.00	Tough Love Group		0.00	0.00
Helping Hands Group	654010	0.00	60.00	Warriors		30.00	30.00
Higher Power Sunday	679339	0.00	0.00	Wake UP Group		0.00	0.00
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	146.00
Keep It Simple— Okeechobee	643906	0.00	0.00	Westside Group Ft Pierce	125608	0.00	0.00
KISS	127410	0.00	200.00	Wolff Road Group Okeechobee	703404	0.00	25.00
Lakewood Park	177727	40.00	160.00	Women Stepping Up	157843	0.00	50.00
Last Call	151221	0.00	0.00	Women's New Beginnings	611306	00.00	100.00
Late Risers	681809	0.00	300.00				
Lunch Box		0.00	0.00	TOTAL AA GP Contributions		1775.15	5028.27

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."

District 6's Founder's Day Luncheon,

Ice Cream Social

And Annual Chili Cook-off

Saturday June 17th, 2017

11:30 a.m. to 4:00 p.m.

Langford Park Recreation Center

2369 NE Dixie Hwy, Jensen Beach, Florida

Double Speaker Meeting – featuring 2 Speakers with over 25 years who will share their experience strength and hope



Bring your best batch of chili for the chili cook-off and chance to win a prize. (Contest entries are anonymous until winner is announced.)



On the Sixth Step ...

The Sixth Step ...

Were entirely ready to have God remove all these defects of character.

The Sixth Step Principle ...

The principle behind the 6th Step is *WILLINGNESS*.

The Sixth Tradition ...

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

My Sixth Tradition Checklist ...

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with “Guidelines on Clubs”, which is available free from GSO?
4. Should the secretary of our group serve on the mayor’s advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and a card room. If this is what is required to carry the message to them, should we have these facilities?

On the Sixth Step ...

A Sixth Step Prayer ...

GOD HELP ME BECOME
WILLING TO LET GO OF ALL
THE THINGS TO WHICH I
STILL CLING. HELP ME TO BE
READY TO LET YOU RE-
MOVE ALL OF THESE DE-
FECTS, THAT YOUR WILL
AND PURPOSE MAY TAKE
THEIR PLACE. AMEN

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