

Upcoming Events ...

2nd Annual Breakfast for Dinner

All your morning favorites: Bacon, sausage, scrambled eggs, biscuits and sausage gravy, fruit-filled crepes with cheese and, of course, coffee and other beverages. Dinner will be followed by two great speakers!

Saturday, May 16, 6 p.m. at St. Andrew Lutheran Church

295 SW Prima Vista Avenue, Port St. Lucie

Please help us carry the message to the alcoholic who still suffers.

Proceeds to provide Big Book and other conference-approved literature for treatment facilities in District 6, thru the District 6 Treatment Committee.

PASTRIES AND DESSERTS WELCOMED!!!

\$10 contribution in advance or at the door. More info? 561-252-8946

***Haul out your BEST
chili recipe for the 1st
Annual Chili Cook-off
at District 6's Founder's
Day Luncheon and Ice
Cream Social!!!***

\$10 Tickets include coffee, hamburgers, hot dogs, subs and more. Please bring a side dish or dessert to share.

Two speakers with over 25 years!

Saturday June 6, 11:30-2:30

Langford Park Rec. Center



Bring a 6-8-quart pot of your best batch of chili for the cook-off and a chance to win a prize. Chili judging available to all, no advance entry needed. Entries will be kept anonymous until winner is announced.



Step Five

*Admitted to God, to ourselves
and to another human being
the exact nature of our wrongs.*



You may not like what you read here ...

I N G R A T I T U D E

When A.A. was very successful, the folks who did that talking at meetings were recovered alcoholics. The suffering and untreated alcoholics listened. After hearing what it takes to recover, the newcomer was faced with a decision: "Are you going to take the Steps and recover or are you going to get back out there and finish the job?" If they said they "were willing to go to any length," they were given a sponsor, a Big Book and began the process of recovery by taking the Steps and experiencing the promises that result from that course of action.

This process kept the newcomer involved in working with others and continued the growth of our Fellowship. Our growth rate was approximately 7% and the number of sober members of Alcoholics Anonymous doubled every 10 years.

This is Part 2 of an article that has made the rounds of AA for several years now and its author and origin were intentionally obscured at some point, apparently so as to isolate its message from any particular person or personality.

It reputedly appeared in this newsletter some time ago and a few AA stalwarts have suggested it be offered again.

It is disturbing in some ways, but certainly provokes thought and, we hope, discussion.

Because of its length, it will be printed over the course of a few months. — ed.

With the advent of the rapid growth of the Treatment Industry, the acceptance of our success with alcoholics by the judicial system and endorsement of physicians, psychiatrists, psychologists, etc., all kinds of people were pouring into A.A. at a rate greater than we had ever dreamed possible. Almost with-

(Continued on page 3)

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)

DCMs/GSRs Meeting ... the 1st Saturday of month 9:30 am at the Intergroup Office.

Archives Committee Meeting ... the 2nd Saturday of month 9:00 am at the Intergroup Office.

Corrections Committee Meeting... the 2nd Saturday of month, 10:30 am at the Intergroup Office.

Events Committee Meeting ... the 3rd Saturday of month 10:30 am at the Intergroup Office.

Finance Committee Meeting ... the 3rd Saturday of month 9:15 am at the Intergroup Office.

PI/CPC Committee Meeting ... the 4th Saturday of month 10:30 am at the Intergroup Office.

**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**

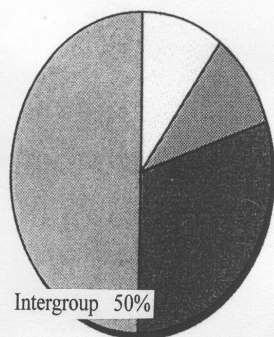
**St. Lucie Intergroup needs to update our
Twelfth Step list. If you would like to be
contacted to help insure that the hand of
AA is always there, please contact the
Intergroup Office and leave your
information: name, phone number and
hours available so we can continue to help
the still sick and suffering 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

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

April Anniversaries ...

Midday Matinee

| | |
|-------|--------|
| Brian | 15 yrs |
| Chris | 9 yrs |

Unspecified

| | |
|------------------|--------|
| Mary R. | 1 yr |
| Paul | 1 yr |
| Mark s. | 2 yrs |
| John D. | 3 yrs |
| Tom S. | 4 yrs |
| Anthony "Always" | 7 yrs |
| Don F. | 23 yrs |

Begin Where You Are

| | |
|-----------|--------|
| Dana | 10 yrs |
| Mickie k. | 27YRS |
| Bruce | 27 yrs |

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

A Twist on the Promises

| | |
|--|--|
| If I am careless about this phase of my development, I will be lost before I am halfway through. | Sanity will slip away. |
| I will renew my obsession with alcohol and sacrifice all true happiness. | My whole attitude and outlook on life will change fore the worse. |
| I will forget the word Serenity and have no peace. | Fear of people and of economic insecurity will consume me. |
| No matter how far down the scale I have already gone, I will fall still lower. | I will again be baffled by even the most normal of situations. I will suddenly believe that God can do nothing for me. |
| I will resent the past and then repeat it, over and over. | Are these extravagant consequences? I think not. |
| That feeling of uselessness and self-pity will return ... and more. | They have been fulfilled within me, always quickly, always completely. |
| I will focus on selfish things and hide from my fellows. | They will always materialize when I cease to work the AA program of Recovery. |

GROUP CONTRIBUTIONS

MARCH 1, 2015 through MARCH 31, 2015

| GROUP | MARCH | YTD | GROUP | MARCH | YTD |
|------------------------------------|--------|--------|----------------------------------|----------|----------|
| #164 Group 648188 | 0.00 | 0.00 | Lakewood Park #177727 | 0.00 | 50.00 |
| 4th Dimension #648185 | 0.00 | 0.00 | Last Call #151221 | 50.00 | 50.00 |
| AA Promises Gr #671816 | 0.00 | 0.00 | Late Risers #681809 | 0.00 | 0.00 |
| An AA Group #706090 | 0.00 | 0.00 | Lunch Bunch #169623 | 0.00 | 75.00 |
| Ask it Basket #690194 | 0.00 | 0.00 | Men's Sobriety Gr #172529 | 0.00 | 0.00 |
| Back to Basics #617295 | 0.00 | 50.00 | Midday Matinee #172992 | 116.64 | 269.03 |
| Bayside Gr #6134955 | 0.00 | 236.50 | New Hope Gr #163611 | 0.00 | 40.00 |
| Begin Where You Are #666125 | 0.00 | 0.00 | New Windmill Point Gr #148626 | 0.00 | 0.00 |
| Better By The Beach#688860 | 0.00 | 100.00 | Okeechobee Kiss GP #643906 | 22.92 | 22.92 |
| Better Understanding #670079 | 0.00 | 0.00 | Okeechobee Night Gr #1... | 43.00 | 93.00 |
| Bleeding Deacons Gp XXXXXXXX | 0.00 | 105.39 | Okeechobee Noon Gr #14... | 58.00 | 118.00 |
| Easy Does It #149241 | 0.00 | 0.00 | Okeechobee Sobriety Gr #643907 | 0.00 | 0.00 |
| Emotional Sobriety Group ... | 0.00 | 50.00 | Primary Purpose #141056(WHC) | 0.00 | 0.00 |
| Eye Opener #169889 | 100.00 | 200.00 | Primary Purpose BaySh #679364 | 0.00 | 0.00 |
| First Things First #697413 | 92.22 | 246.30 | PSL AA Tues Nite #103698 | 0.00 | 10.00 |
| Freedom Gr Okeechobee | 0.00 | 0.00 | PSL Saturday AM Mens Gp #... | 250.00 | 250.00 |
| Friday Night Mens #604208 | 0.00 | 0.00 | Reach Out GrXXXXXXXX | 0.00 | 0.00 |
| Friday Night Speaker BayShr | 0.00 | 0.00 | Serenity Gr #138843 | 0.00 | 0.00 |
| Friendship Gr #103470 | 0.00 | 75.00 | Sisters of Sobriety(W) #6... | 0.00 | 0.00 |
| Gays In Recovery #655112 | 0.00 | 25.00 | SLW Step #600911 | 0.00 | 0.00 |
| Good Guys North #678914 | 0.00 | 20.00 | Sobriety Gr Okeechobee... | 25.00 | 25.00 |
| Grupo Renacer Hispano FP | 0.00 | 0.00 | Sour Grapes Gr XXXXXX | 0.00 | 0.00 |
| Grupo Serendad PSL(Spanish) | 0.00 | 0.00 | Step Into Action #696779 | 0.00 | 18.00 |
| Happy Hour Living Sober #... | 0.00 | 300.00 | Step Sisters #683996 | 0.00 | 0.00 |
| Heard it thru the Grapevine XXXXXX | 30.00 | 30.00 | Sun Rise 11th Step XXXXXX | 0.00 | 0.00 |
| Helping Hands Gr 2 #65... | 0.00 | 0.00 | The Future of AA(Young Pe... | 0.00 | 0.00 |
| Higher Power Sunday #6799339 | 82.00 | 185.00 | We Stopped in Time #669606 | 24.00 | 24.00 |
| Just For Today #168564 | 50.00 | 50.00 | Westside Gr #125608 | 0.00 | 0.00 |
| Keep it Simple Gr #643906 | 0.00 | 0.00 | Windmill Point Gr #148626 | 50.00 | 50.00 |
| Kiss #127410 | 0.00 | 200.00 | Wolffs Road Gr #703404... | 0.00 | 0.00 |
| | | | Women Stepping Up #157843 | 9.00 | 9.00 |
| | | | Wmn's New Beginnings #611306 | 0.00 | 0.00 |
| | | | TOTAL Group Contributions | 1,068.78 | 2,927.14 |

(XXXXXX MEANS THE INTERGROUP OFFICE DOES NOT HAVE THAT GROUP'S NUMBER AS ASSIGNED BY THE AA CENTRAL OFFICE, LET THEM KNOW.)

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."

What Happened to AA?

Remember, we deal with alcohol ... cunning, baffling, powerful !



(Continued from page 1)

out realizing what was happening our meetings began changing from on that focused on recovery from alcoholism to "discussion or participation" types of meetings that invited everyone to talk about whatever was on their mind.

The meetings evolved from a program of spiritual development to the group therapy type of meeting where we heard more and more about "our problems" and less and less about the Program of Recovery by the Big Book and the preservation of our Fellowship by adhering to our Traditions.

What has been the result of all this?

Well, never have we had so many coming to us for help. But never have we had such a slow growth rate which has now started to decline. For the first-time in our history Alcoholics Anonymous is losing members faster than they are coming in and our success rate is unbelievably low.

(Statistics from the Intergroup Office of some major cities indicate less than 5% of those expressing a desire to stop drinking are successful for more than 5 years; a far-cry from the 75% reported by Bill W. in the Forward to Second Edition.) The change in the content of our meetings is proving to be misery-traps for the newcomer and in turn, misery-traps for the groups that depend on the "discussion or par-

ticipation" type meetings.

Why is this? The answer is very simple. When meetings were opened so that untreated alcoholics and non-alcoholics were given the opportunity to express their ideas, their opinions, air their problems and tell how they were told to do it where they came from, the confused newcomer became confused with the diversity of information that was being presented.

More and more they were encouraged to "just go to meetings and don't drink" or, worse yet, "go to 90 meetings in 90 days." The newcomer no longer was told to take the Steps or get back out there and finish the job. In fact, they're often told, "Don't rush into taking the Steps. Take your time."

The alcoholics who participated in the writing of the Big Book didn't wait. They took the steps in the first few days following their last drink.

Thank God, there are those in our Fellowship, like Joe & Charlie, Way, etc., who have recognized the problem and have started doing something about it. They are placing the focus back on the Big Book.

There have always been a few groups that would not yield to the group therapy trend. They stayed firm to their commitment to try to carry a single message to the suffering alcoholic. That is, to tell the newcomer

"we have had a spiritual awakening as a result of these steps and if you want to recover, we will see that you have a sponsor who has recovered and will lead you along the path the first 100 laid down for us."

Recovered alcoholics have begun founding groups that have a single purpose and inform the newcomer that until they have taken the steps and recovered they will not be permitted to say anything in meetings. They will listen to recovered alcoholics, they will take the Steps, they will recover and then they will try to pass their experience and knowledge on to the ones who are seeking the kind of help we provide in Alcoholics Anonymous.

As this movement spreads, as it is beginning to, Alcoholics Anonymous will again be very successful in doing the one thing God intended us to do and that is to help the suffering alcoholic recover, if he has decided he wants what we have and is willing to go to any length to recover, to take and apply our Twelve steps to our lives and protect our Fellowship by honoring our Twelve Traditions.

(NOTE: This article began in April and will be concluded in our June Newsletter. If you miss any installments, the newsletters will be posted on our Intergroup website, www.aastlucieintergroup.com

On the Fifth Step ...

The Fifth Step ...

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

The Fifth Step Principle ...

The principle behind the Fifth Step is ***Integrity***.

The Fifth Tradition ...

Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.

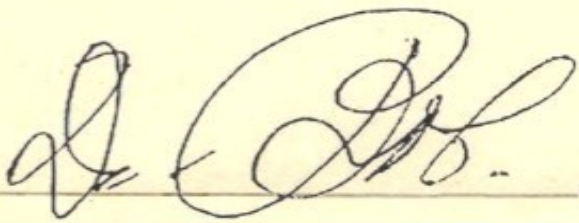
My Fifth Tradition Checklist ...

1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer?
Do I try both to help them and to learn from them?

On the Fifth Step ...

A Fifth Step Prayer ...

God, I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last. Amen (p. 75 BB)

| | | | | |
|--|------------------------------------|--|----------------|--|
| R. H. SMITH, M. D. | | | | |
| 2ND NATIONAL BLDG. | | | AKRON, OHIO | |
| TELEPHONE: HE-8523 | | | REG. NO. _____ | |
| R _x | FOR <u>alcoholics</u> | | | |
| | ADDRESS _____ DATE <u>Feb 1937</u> | | | |
| <i>always remember it</i> | | | | |
| <ol style="list-style-type: none">1. Trust God2. Clean house3. Help others | | | | |
| <div>NR 1 2 3 INF.</div> <div> M. D.</div> | | | | |