

# District 6 Treatment Committee 3rd Annual Breakfast for Dinner

**WHEN: MAY 14TH, 2016**

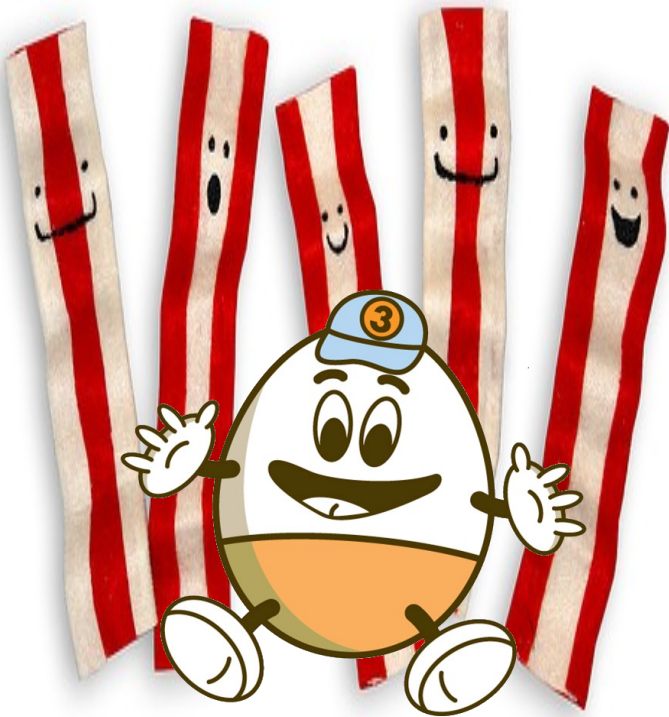
**DOORS OPEN AT 5:30 PM**

**WHERE: ST ANDREW LUTHERAN CHURCH**

**295 SW PRIMA VISTA BLVD**

**PORT ST LUCIE, FL 34985**

**\$12.00 CONTRIBUTION IN ADVANCE OR AT DOOR**



Dinner will consist of Scrambled Eggs, Bacon, Sausage, Biscuits, Sausage Gravy, Crepes with Fruit, Filling and Cheese, Also Coffee and Beverages.

Dinner Will Be Followed By Two Speakers

Pastries & Desserts welcome.



## Step Five

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



### FIRST THINGS FIRST???

# First Sobriety! Sobriety First!

*There will be  
nothing if sobriety  
isn't first in my life.*

I heard this in treatment. I heard it at meetings. I continue to hear it today!!! It is the theme of each person who has long term sobriety. And it is heard in every tale told by those who did more experimenting and have been blessed to be able to return to AA.

I believe it!!!

I hope you do too!

How do I keep sobriety first? I pray. I have a sponsor. I continue to work THE STEPS. I read the Big Book. I am a sponsor. I go to meetings.

I read positive up-lifting literature. I support AA financially and through volunteerism. I have a group of women for AA support. I attend AA events.

I like to go on retreats. I get daily readings in my email. I attend AA social events.

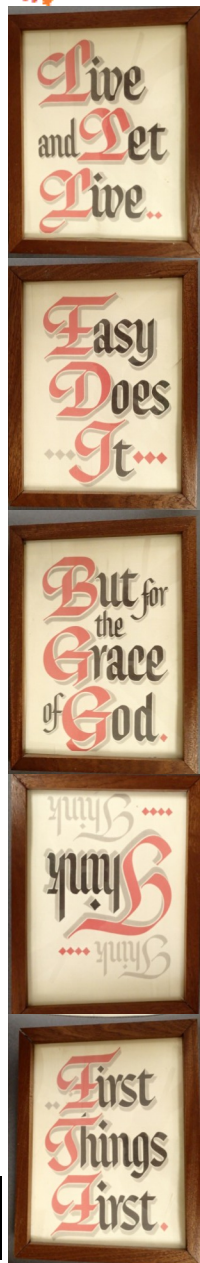
Thanks to my continued sobriety, I have traveled extensively, including to great AA meetings out of town and even on cruise ships. And each meeting I attended away from home was warm and welcoming. I always found an instant sense of connection.

Sound like my life is only AA? No, it isn't. I socialize with many friends out and in the program. I enjoy theater, movies, dining out, baseball games, parties, and community events. I maintain a household with all that comes with that.

When I was younger I had more physical pursuits; that *has* changed with age.

My life is full and whole thanks **to keeping sobriety first**. I would not have a life without sobriety!!

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](http://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](http://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](mailto: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](mailto:stlucieintergroup@att.net)**

# April Anniversaries



## ADDRESSES FOR

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

## LAKEWOOD PARK

Kira B	1 yr
Victoria S	1 yr
Thomas W	2 yrs
Debra R	4 yrs
Todd W	6 yrs
John T	9 yrs
Steve W	23 yrs
Maryann K	25 yrs

## BAYSHORE CLUB

Alicia G	1 yr
Bill M	1 yr
Cindy M	1 yr
Christin	3 yrs
Anthony "Always"	8 yrs
Lisa D	20 yrs
Mark s	35 yrs

## LUNCH BUNCH

Michael T	1 yr
Veronica P	10 yrs

## ALTERNATE MC CLUB

Ivan	1 yr
Jenn	1 yr
Eric	2 yrs
Kaz	3 yrs
Philip	3 yrs
Rich	4 yrs
Camella	5 yrs

Terrance	5 yrs
Wendy L	9 yrs
Bob	19 yrs

## BEGIN WHERE YOU ARE

Brenda	1 yr
Bruce	28 yrs
Mickie	28 yrs

## 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. ... Or for your Group Secretary or GSR to tell us ... or for YOU!!!*



# 2016 Group Contributions through March 31

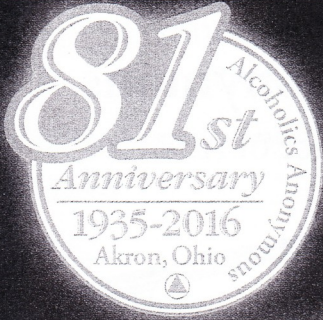
Group	Group #	MAR	YTD	Group	Group #	MAR	YTD
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	75.00	225.00
AA Promises GP	671816	0.00	0.00	Men's Sobriety Group	172529	0.00	120.00
Alternate MC Beginners AA GP	645696	0.00	0.00	Midday Matinee	172992	0.00	0.00
An AA Group	706090	0.00	0.00	New Hope Group	163611	0.00	40.00
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	0.00	Okeechobee Night Group	103633	0.00	50.00
Better Understanding	670079	0.00	0.00	Okeechobee Noon Group	147217	30.00	90.00
Bleeding Deacons	710958	450.00	450.00	Okeechobee Sobriety Group	643907	0.00	0.00
Easy Does It	149241	30.00	30.00	Okeechobee Women's Group		0.00	0.00
Ensolielle (French, seasonal)		0.00	0.00	One Page at a Time	648188	0.00	0.00
Eye Opener	169889	150.00	300.00	Primary Purpose Welcome Home	141056	0.00	0.00
First Things First	697413	57.95	184.65	Primary Purpose Bayshore	679364	0.00	150.00
Friday Night Men's	604208	0.00	50.00	PSL AA Tues. Nite Group	103698	0.00	100.00
Friendship Group	103470	0.00	0.00	PSL Sat. AM Men's Group	606637	120.00	240.00
From Darkness To Light		0.00	0.00	Reach Out Group	714201	10.00	10.00
Gays In Recovery	655112	50.00	50.00	Sisters of Sobriety	700856	0.00	0.00
Good Guys North	678914	0.00	25.00	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	64.00
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	30.00
Just For Today	168564	0.00	0.00	Watch your Steps	645676	0.00	0.00
KISS	127410	0.00	0.00	We Stopped in Time	669606	0.00	0.00
Lakewood Park	177727	25.00	65.00	Westside Ft Pierce	125608	50.00	50.00
Last Call	151221	50.00	20.00	Wolff Road Group Okeechobee	703404	0.00	0.00
Late Risers	681809	0.00	150.00	Women Stepping Up	157843	0.00	50.00
Lunch Box		0.00	0.00	Women's New Beginnings	611306	0.00	0.00
				<b>TOTAL AA GP Contributions</b>		<b>1187.95</b>	<b>2673.65</b>

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."**

# Upcoming Events ...



## Founders' Day Herald

81<sup>st</sup> Anniversary of Alcoholics Anonymous  
June 10, 11 & 12, 2016 | Akron, Ohio | Birthplace of A.A.

Celebrate in and tour the hometown of A.A.!

Events mainly on the Campus of the University of Akron

Bus tours tp Historic A.A. sites all day Saturday

Special Motorcade Sunday to Dr. Bob's Grave

Al-Anon Events as well

Registration, Accommodations, Group Plans, Meal Plans, and Schedules

Are all available at [www.akronaa.com](http://www.akronaa.com)



60th Annual Florida State Convention  
**"New Freedom New Happiness"**  
August 3rd - August 7th, 2016  
at Innisbrook Golf Resort, Palm Harbor, FL

### SPEAKERS INCLUDE:

June G. Los Angeles, CA; Butch M. Ontario, Canada; Misson W. Jacksonville, FL; Steve A. Sherman Oaks, CA; Cindy J. AFG, Tallahassee, FL; Racy J, NYC, NY; Sheldon F. Las Vegas, NV; Candice M. Los Angeles, CA; Don M. Louisville, KY; Deb H. Fullerton, CA; Roger H. Clearwater, FL.

### OTHER ATTRACTIONS

Marathon Meetings  
Al-Anon, Alateen, LBGT, Spanish and YPAA Meetings, Workshops and Events  
Golf, Walk/Run, Horseshoes, Volleyball,  
Banquets and Ice Cream Socials  
Merchandise

### REGISTRATION AND INFORMATION:

[www.60.flstateconvention.com](http://www.60.flstateconvention.com)

727-871-4622

Email: [Chair2016fsc@gmail.com](mailto:Chair2016fsc@gmail.com)

**Preregister and reserve a room by May 15 to be eligible to win a free room upgrade!**

## *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.

### 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 Big Book)

## *On the Fifth Step ...*

### **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 whom or to 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?