

# District 6 Treatment Committee 4th Annual Breakfast for Dinner

**WHEN: SATURDAY, MAY 13TH, 2017**

**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**

**PROCEEDS WILL BE USED TO PROVIDE BIG BOOKS & OTHER CONFERENCE APPROVED LITERATURE FOR TREATMENT FACILITIES IN DISTRICT 6. PLEASE HELP US CARRY THE MESSAGE TO THE ALCOHOLIC WHO IS STILL SUFFERING.**



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.

For Additional Information Call (561) 252-8946



## Step Five

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



# I N G R A T I T U D E

## *So how's that Maturity thing working out for you?*

*The mature person has developed attitudes in relation to himself and his environment which have lifted him above "childishness" in thought and behavior.*

*Some of the characteristics of the person who has achieved true adulthood are suggested here:*

1. He accepts criticism gratefully, being honestly glad for an opportunity to improve.
2. He does not indulge in self-pity. He has begun to feel the laws of compensation operating in all life.
3. He does not expect special consideration from anyone.
4. He controls his temper.
5. He meets emergencies with poise.
6. His feelings are not easily hurt.
7. He accepts the responsibility of his own actions without trying to "alibi."
8. He has outgrown the "all or nothing"

stage. He recognizes that no person or situation is wholly good or wholly bad, and he begins to appreciate the Golden Mean.

9. He is not impatient at reasonable delays. He has learned that he is not the arbiter of the universe and that he must often adjust himself to other people and their convenience.

10. He is a good loser. He can endure defeat and disappointment without whining or complaining.

11. He does not worry about things he cannot help.

12. He is not given to boasting or "showing off" in socially unacceptable ways.

13. He is honestly glad when others enjoy success or good fortune. He has outgrown envy and jealousy.

14. He is open-minded enough to listen

*(Continued on page 2)*

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](http://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](mailto: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  
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  
**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](mailto:Howard_F@comcast.net)  
772-441-8006**

**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)**



## Anniversaries

APRIL 2017

### Begin Where You Are

Mickie K	29 yrs
Bruce H	29 yrs
Dana P	12 yrs
Brenda M	2 yrs
Kenneth K	1 yr

### Lakewood Park

Mary Ann	26 yrs
Steve W	24 yrs
Debbie	16 yrs
Debra R	5 yrs
Kira	2 yrs
Joel	1 yr
Ashley	1 yr

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

*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.*

## So how's that Maturity thing working out for you?

(Continued from page 1)

thoughtfully to the opinions of others.

15. He is not a chronic "fault-finder."

16. He plans things in advance rather than trusting to the inspiration of the moment.

### ***Then we think in terms of spiritual maturity:***

1. He has faith in a Power greater than himself.

2. He feels himself an organic part of mankind as a whole, contributing his part to each group of which he is a member.

3. He obeys the spiritual essence of the Golden Rule: "Thou shalt love thy neighbor as thyself."

### ***Emotional sobriety is when:***

1. I am free of resentments, jealousy, and envy--and free to forgive quickly.

2. My emotions are not so violent that they cause me to go or be on a dry drunk.

3. I am able to make normal every-

day decisions without my vision being unduly influenced by my emotions.

4. I am able to identify & live by my personal values without compromise to emotional pressure.

5. I am able to enjoy life as spiritual principles would dictate--such as being properly revolted by ugliness, sin and suffering, and positively rewarded by happenings of love, beauty and principle.

6. I am happy when others do things better or quicker than I have done them.

7. My emotions are in sync with my intellect and both are in synch with God's Will.

8. I can live freely without being emotionally subservient to another human being.

9. I can move freely between the emotional states of child, adult and parent.

10. I derive genuine, healthy pleasure from helping others without thought of reward, money, prestige or station.

### 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 March 31

GROUP	Group #	MAR.	YTD	GROUP	Group #	MAR.	YTD
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	50.00	50.00
AA Promises GP	671816	0.00	0.00	Men's Sobriety Group	172529	100.00	300.00
Alternate MC Beginners AA GP	645696	0.00	0.00	Midday Matinee	172992	0.00	0.00
Back to Basics	617295	0.00	66.00	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	0.00	169.19	Okeechobee Night Group	103633	252.00	252.00
Better Understanding	670079	0.00	0.00	Okeechobee Noon Group	147217	60.00	60.00
Bleeding Deacons	710958	0.00	0.00	Okeechobee Sobriety Group	643907	0.00	0.00
Easy Does It	149241	60.00	120.00	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	450.00	Primary Purpose Bayshore	679364	0.00	0.00
First Things First	697413	0.00	131.11	PSL AA Tues. Nite Group	103698	10.00	20.00
Friday Night Men's	604208	0.00	0.00	PSL Sat. AM Men's Group	606637	250.00	250.00
Friendship Group	103470	0.00	0.00	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	0.00	0.00
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)		0.00	0.00	Talking Feathers		4.00	21.00
Happy Hour Living Sober	653464	100.00	100.00	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		0.00	0.00
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	120.00	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	<b>TOTAL AA GP Contributions</b>		<b>1131.00</b>	<b>3253.12</b>

**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 17<sup>th</sup>, 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 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?