

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



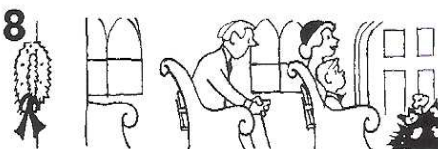
5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



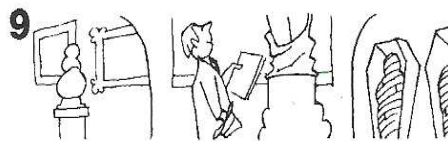
6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



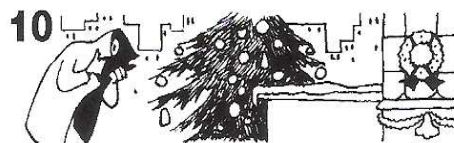
7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.



The 11th Step...

Sought through prayer and meditation to improve our conscious contact with God *as we understood him*, praying only for knowledge of his will for us and the courage to carry it out.



Reaching for Guidance

Step 11, in my opinion, is the second one that “separates the men from the boys”.

When we “did” Step 7, we humbly asked to have our shortcomings removed.
WE PRAYED.

Now we are officially told to pray again.

I have no trouble praying. I’ve done it all my life!!! I prayed a lot when I was drinking. I prayed for peace of mind. “God, please quiet my mind” – my prayer for so many years. That was my major request. I prayed almost every day not to take a drink. Maybe I didn’t listen for the answer to that request – since I drank every day for many years.

Step 7 of course follows Step 4 – our personal inventory. Step 11 follows 10 which is our daily inventory. Amazing how each step builds on a prior one, as well as back and forth among all 12!!!

One of our St. Lucie County AA members shares her experience with living the Eleventh Step.

This gets circular in my head: Remove via Step 7 my shortcomings, (which I have listed from Steps 4 and 5). Then in Step 10, I do a daily tally of my assets and shortcomings of that day. And correct my errors.

And on to Step 11: Seek “knowledge of God’s will” for me and the power to carry it out. Take what His will is into my daily world.

God’s will for me is NOT drink. That is first and foremost of my knowledge of God’s will for me. I have been taught by sponsors, in the AA rooms and by spiritual readings that I will find God’s will for me each day.

Wouldn’t it be wonderful if I remembered to

(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 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.

**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**

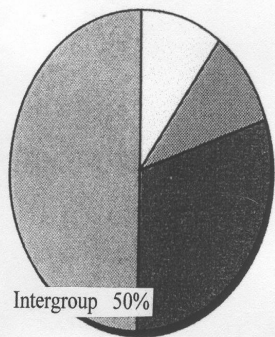
**St. Lucie Intergroup needs to update our
Twelfth Step list. If you would like to be
contacted to help insure that the hand of AA
is always there, please contact the Intergroup
Office and leave your information: name,
phone number and hours available so we can
continue to help the still sick and suffering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

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 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

October Anniversaries ...

Begin Where You Are

Bill	5 yrs
Jim	1 yr
Higher Power	
Kristen	1 yr

LASAGNA COMING!!!

THE ST. LUCIE INTERGROUP WILL HOLD IT'S ANNUAL LASAGNA DINNER SATURDAY, JANUARY 2016, AT ST. ANDREW LUTHERAN CHURCH IN PORT ST. LUCIE. MORE WILL BE REVEALED!!!

Group Contributions through September 30, '15

Group	Group #	SEPT	YTD	Group	Group #	SEPT	YTD
164 GP	648188	0.00	0.00	Late Risers	681809	0.00	250.00
4th Dimension	648185	0.00	0.00	Lunch Box		0.00	0.00
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	25.00	200.00
AA Midday Matinee Bayshore	172992	0.00	0.00	Men's Sobriety Group	172529	0.00	310.00
AA Promises GP	671816	0.00	0.00	Midday Matinee	172992	0.00	949.06
Alternate MC Beginners AA GP	645696	0.00	0.00	New Hope	163611	0.00	140.00
An AA Group	706090	0.00	0.00	New Windmill Point	148626	0.00	75.00
Back to Basics	617295	0.00	0.00	Okeechobee Discussion		0.00	0.00
Bayside GP	134955	0.00	252.50	Okeechobee Kiss Group	643906	0.00	0.00
Begin Where You Are	666125	0.00	75.00	Okeechobee Night Group	103633	0.00	0.00
Better By The Beach	688860	0.00	504.00	Okeechobee Noon Group	147217	60.00	300.00
Better Understanding	670079	0.00	0.00	Okeechobee Sobriety Group	643907	0.00	0.00
Bleeding Deacons	710958	0.00	480.00	Primary Purpose Welcome Home	141056	0.00	0.00
Easy Does It	149241	0.00	80.00	Primary Purpose Bayshore	679364	0.00	0.00
Emotional Sobriety		0.00	0.00	PSL AA Tues. Nite Group	103698	10.00	240.00
Eye Opener	169889	100.00	1,500.00	PSL Men's Group Tuesday	163940	0.00	130.00
First Things First	697413	45.70	348.19	PSL Sat. AM Men's Group	606637	0.00	480.00
Friday Night Men's	604208	0.00	0.00	Reach Out Group	714201	0.00	50.00
Friendship Group	103470	0.00	0.00	Sisters of Sobriety	700856	0.00	0.00
From Darkness To Light		0.00	0.00	Sour Grapes Group	690990	0.00	0.00
Gays In Recovery	655112	0.00	60.00	Step Into Action	696779	0.00	20.00
Good Guys North	678914	0.00	75.00	Step Sisters	683996	0.00	100.00
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	The Future of AA (Young People)	697507	0.00	0.00
Happy Hour Living Sober	653464	0.00	750.00	Tough Love Group		0.00	0.00
Heard it thru the Grapevine GP	662713	0.00	0.00	Warriors		0.00	0.00
Helping Hands Group	654010	60.00	130.00	Watch your Steps	645676	0.00	75.00
Higher Power Sunday	679339	134.00	1,021.00	We Stopped in Time	669606	0.00	312.00
How It Works-Bayshore		0.00	0.00	Westside Ft Pierce	125608	0.00	0.00
Just For Today	168564	0.00	50.00	Wolff Road Group Okeechobee	703404	0.00	50.00
KISS	127410	0.00	603.00	Women Stepping Up	157843	0.00	150.00
Lakewood Park	177727	0.00	140.00	Women's New Beginnings	611306	0.00	100.00
Last Call	151221	50.00	200.00	TOTAL AA GP Contributions		484.70	10,199.75

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."

Prayer and Meditation Reveal God's Will

(Continued from page 1)

use all these tools every day of my life in all situations?
I AM NOT A SAINT.

But I do keep praying!! Third Step prayer, on my knees, every morning. And a thank you prayer, on my knees every night. When I say “thank you,” I show I am grateful. A grateful alcoholic won’t drink.

To address meditation, I can only tell of my own experience and methods. I oftentimes have felt that I don’t “do” a good eleventh step. But I stay aware of what I believe is the meaning of the Step, which is to get close to the God of my understanding in order to learn to do the “next right thing.”

I have had trouble with the meditation part ... now ... and since the beginning of my sobriety. I am still too impatient to be still for even five minutes. My mind does not quiet down. And I’m up, out of the chair, doing some task or chore.

The closest I get to meditation is writing. I have kept a journal since I came out of treatment. On really good mornings, I will write my thoughts about the readings

have I done. Hopefully, by using three abilities: reading, thinking and writing, the message will engrave itself in my mind.

I may not have a full awareness of what I have learned on the day I learn it but I do know that what I have written about comes back to help me. And that is what I want: To grow and learn God’s will for me.

I also find that, when I have something stewing in my head, writing it out helps me. And I write about anything and everything. And I come to decisions.

BEFORE I ACT ON THEM, I TALK TO MY SPONSOR. I remember that my best thinking, “my will” and my decisions, got me where I was (drunk) and God got me where I am (sober). So I don’t act without talking things out first.

No, I can’t do meditative visualization or chant a mantra, but I can communicate with God through my prayers, reading, writing and sponsor. This is how I “work” my eleventh step.

Happily, I can report this has worked for me for several 24 hours.

Service Opportunity: Newsletter Editor Sought, Training Provided

A new Editor is being sought for the St. Lucie Intergroup newsletter, *In Gratitude*. Current editor Rex B. expects to relocate in Spring 2016 and would like to train his replacement during the production of a few newsletters.

The volunteer service position offers the chance to learn desktop publishing skills, which are also applicable to Powerpoint presentations and Web design. Creativity in design is encouraged. Physical, e-mail and on-line distribution are employed.

Production of the newsletter can be accomplished entirely at the Intergroup office or much of the information can be assembled at another convenient location, such as at home or a suitable office environment. Windows software can be provided at no charge.

The newsletter usually consumes fewer than eight hours of effort. The newsletter is printed at the Intergroup office, where staff assists with distribution as well.

Please express interest in an email to stlucieintergroup@att.net; with “Editor Opening” in the subject line.

On the Eleventh Step ...

The 11th Step...

Sought through prayer and meditation to improve our conscious contact with God
as we understood him, praying only for knowledge of his will for us and the
courage to carry it out.

Prayer of Saint Francis of Assisi

(AA's Eleventh-Step Prayer)

*Lord, make me a channel of thy peace;
that where there is hatred, I may bring love;
that where there is wrong, I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.*

*Lord, grant that I may seek rather to comfort than to be comforted;
to understand, than to be understood;
to love, than to be loved.*

*For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life.*

Amen.

On the Eleventh Step ...

The 11th Step Principle...

The principle behind the 10th step is Patience.

Tradition Eleven...

Our public relations policy is based on attraction rather than promotion; we need always to maintain personal anonymity at the level of press, radio and films

My Eleventh Tradition Checklist ...

1. Why is it a good idea to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's servants, who do I wish had the authority to straighten them out?
3. In my opinions and the remarks of other AAs, am I implying membership requirements other than the desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect? the Sixth Tradition — or belie it?
7. Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior — especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscious? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is my real importance among more than a million AAs?