

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.



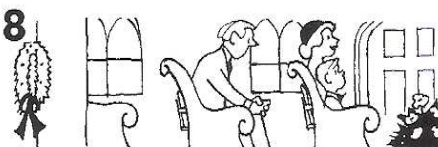
5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



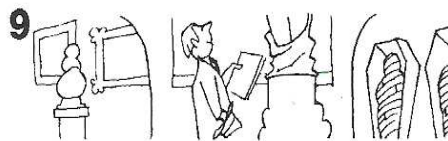
6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



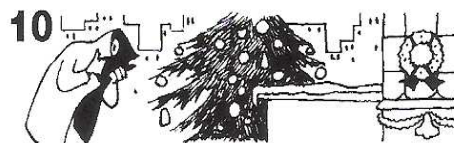
7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



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.



The Next Frontier: Emotional Sobriety

by Bill Wilson

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January 1958

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I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA—the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect ro-

mance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are at age forty-seven or fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional re-

(Continued on page 3)



ST LUCIE INTERGROUP ASSOCIATION, INC.

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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



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
Except July 1 in 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)

Corrections Committee Meeting.....

.....the 2nd 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
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

UPCOMING HOLIDAY EVENTS

Thanks Giving Back, presented by 772 Bid and Orlando Host Committee, Saturday, Nov. 18, 5-11 p.m., Vincent Bocchino Community Center, Langford Park, 2369 NE Dixie Hwy, Jensen Beach

Welcome Home Club Thanksgiving Celebration, 11:30 a.m.-1 p.m. Nov. 23. 3216 South US 1, Fort Pierce

Bayshore Club Thanksgiving Dinner, 1 p.m. Nov. 23, 8534 South Federal Hwy, Port St. Lucie

Newport Club Alkathons, 4 p.m. Sunday Dec. 24 — 4 p.m. Monday, Dec. 25 and 4 p.m. Sunday Dec. 31 — 4 p.m. Monday Jan 1, 2018, Outside Room at 2536 16th Ave., Vero Beach.

The Next Frontier: Emotional Sobriety

(Continued from page 3)

like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says "To the devil with you," the Twelfth Stepper only smiles and turns to another case. He

doesn't feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics, yet gives none back to him, the sponsor is happy about it anyway. He still doesn't feel rejected; instead he rejoices that his one-time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance) then the sponsor is most joyful. But he well knows that his happiness is a by-product—the extra dividend of giving without any demand for a return.

The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work

kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety.

Of course I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression. I have been given a quiet place in bright sunshine.

2017 Group Contributions thru September 30

GROUP	Group #	SEPT	YTD	GROUP	Group #	SEPT	YTD
A Desire To Stop GP		0.00	0.00	Lunch Box Ft.Pierce		0.00	0.00
AA Promises GP	671816	0.00	0.00	Lunch Bunch PSL	169623	0.00	150.00
Alternate MC Beginners AA GP	645696	0.00	0.00	Men's Sobriety Group	172529	0.00	300.00
Back to Basics	617295	0.00	468.00	Midday Matinee	172992	0.00	0.00
Bayside GP	134955	224.80	262.62	New Hope Group	163611	50.00	325.00
Begin Where You Are	666125	0.00	0.00	New Windmill Point	148626	0.00	0.00
Better By The Beach	688860	0.00	568.54	Okeechobee Discussion		0.00	0.00
Better Understanding	670079	0.00	0.00	Okeechobee Night Group	103633	0.00	502.00
Bleeding Deacons	710958	0.00	200.00	Okeechobee Noon Group	147217	60.00	270.00
Easy Does It	149241	60.00	300.00	Okeechobee Sobriety Group	643907	0.00	0.00
Emotional Sobriety Group		0.00	0.00	Okeechobee Women's Group		0.00	0.00
Ensolielle (French, seasonal)	681471	0.00	50.00	Primary Purpose Welcome Home	141056	0.00	100.00
Eye Opener	169889	50.00	750.00	Primary Purpose Bayshore	679364	0.00	275.00
First Things First	697413	0.00	268.11	PSL AA Tues. Nite Group	103698	20.00	240.00
Friday Night Men's	604208	25.00	50.00	PSL Sat. AM Men's Group	606637	0.00	1000.00
Friendship Group	103470	0.00	110.00	Reach Out Group	714201	0.00	45.00
From Darkness To Light		0.00	0.00	Sisters of Sobriety	700856	0.00	0.00
Guys In Recovery	655112	0.00	35.00	Step Into Action	696779	0.00	157.00
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	15.00	Talking Feathers		0.00	21.00
Happy Hour Living Sober	653464	0.00	900.00	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	120.00	Warriors		0.00	70.00
Higher Power Sunday	679339	100.00	100.00	Watch your Steps	645676	0.00	50.00
How It Works-Bayshore		0.00	0.00	We Stopped in Time	669606	0.00	146.00
Just For Today	168564	0.00	50.00	Westside Group Ft Pierce	125608	0.00	0.00
Keep It Simple— Okeechobee	643906	0.00	0.00	Wolff Road Group Okeechobee	703404	0.00	25.00
KISS	127410	0.00	450.00	Women Stepping Up	157843	0.00	150.00
Lakewood Park	177727	40.00	335.00	Women's New Beginnings	611306	0.00	150.00
Last Call	151221	0.00	0.00				
Late Risers	681809	0.00	600.00	TOTAL AA GP Contributions		629.80	9688.27

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."

The Next Frontier: Emotional Sobriety

(Continued from page 1)

sult, and so into easy, happy, and good living—well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right

ADDRESSES FOR GROUP DONATIONS

GSO

PO Box 459

Grand Central Station

New York, NY 10163

South Florida Area 15

Treasurer

PO Box 56

Sebring, Fl 33870-0056

District 6 Treasurer

PO Box 12248

Ft. Pierce, Fl 34979-2248

St. Lucie Intergroup

Association, Inc.

883 E Prima Vista Blvd.,

Port St Lucie, Fl 34952

principles in all our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious—from which so many of our fears, compulsions and phony aspirations still stream—be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones—folks like you and me—commencing to get results. Last autumn [several years back - ed.] depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer..."It's better to comfort than to be the comforted." Here was the formula, all right. But why didn't it work?

Suddenly I realized what the matter was. My basic flaw had always been dependence - almost absolute dependence - on people or circumstances to supply me with prestige, security, and the like. Failing to get

these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what Grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever.

Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependency meant demand—a demand for the possession and control of the people and the conditions surrounding me.

While those words "absolute demand" may look

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On the Eleventh Step ...

The Eleventh 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 Eleventh Step Principle...

The principle behind the 11th 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?