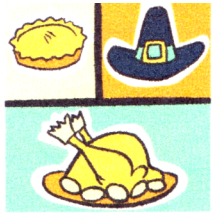
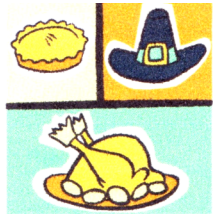


Upcoming Events ...



DISTRICT 6

GRATITUDE DINNER

Saturday, November 22, 2014

Doors open @ 6 p.m. ~ Dinner served @ 6:30 ~
Speaker @ 8:00



Proceeds to be sent to our General Service Office



Tickets \$15.00 each

Only a LIMITED number of tickets will be
sold so purchase your tickets **EARLY!**

Saint Helen's Catholic Church

2025 20th Street, Vero Beach, FL 32960



Please bring a dessert to share!



CLOTHESLINE

RAFFLE PRIZES

DOOR PRIZE



ST. LUCIE INTERGROUP NEWSLETTER

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Step TEN

Continued to take personal inventory and
when we were wrong promptly admitted it.



AREA 15 GENERAL SERVICE ASSEMBLY, STUART FL



The District 6 archives were on display in the Flamingo Room, during the Oct. 10-12 Assembly at the Hutchinson Island Marriot, Stuart. District 6 was the host district for the quarterly event.

OUR WEBSITE IS ONLINE!

VISIT IT AT:

<http://www.aastlucieintergroup.com>

AND CLICK THE LINK TO THE

TEMPORARY WEBSITE FOR THE

WHERE&WHENS FOR MARTIN,

OKEECHOBEE, ST. LUCIE AND

INDIAN RIVER COUNTIES.

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

To receive a PDF copy of Ingratitude 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

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 Home your Group represented at the local Intergroup monthly 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."

St. Lucie Intergroup needs to update our Twelve 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 you 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

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

District 6 Meetings (held at the Intergroup Office)

Archive's Committee Meeting ... the 1st Saturday of month 9:00 am at the Intergroup Office.

Special Needs Committee Meeting ... the 1st Saturday of month 10:30 am at the Intergroup Office.

Corrections Committee Meeting... the 2nd Saturday of month, 10:00 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.

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 206
Bradenton, Fl 34206-0206

District 6 Treasurer
PO Box 12248
Ft. Pierce, Fl 34979-2248

St. Lucie County Intergroup
897A East Prima Vista Blvd
St. Lucie, Fl 34952

September Anniversaries ...

Back To Basics II	
Mike S	20 yrs
Late Risers	
Billy	4 yrs
Clarence	7 yrs
Midday Matinee	
Darye	1 yr
Dave	3 yrs
Kevin	4 yrs
Chico	16 yrs
Bayshore Club	
Billy W	1 yr
Dave D	1 yr
Vinny A	1 yr
Joe	4 yrs
Lisa	8 yrs
Cliff S	11 yrs
Bill E	16 yrs
Jim H	31 yrs
Joel	34 yrs

GROUP DONATIONS		
JAN/1/2014 through JULY/31/2014		
Group Name	AUGUST	YTD
#164 Group 648188	50.00	50.00
4th Dimension(ODB)#648185	0.00	0.00
AA Meeting PSL Hosp GP#XXXXXX	0.00	0.00
AA Promises Group #671816	0.00	0.00
An AA Group#706090	0.00	0.00
Back to Basics #617295	0.00	50.00
Bayside Group #S134955	0.00	385.43
Before and After Gp#XXXXXX	0.00	0.00
Begin Where You Are #666125	0.00	15.00
Beginners Mtg Gp#XXXXXX	0.00	0.00
Better By The Beach#688860	0.00	200.00
Better Understanding #670079	0.00	0.00
Big Book Study MtgGp#XXXXXX	0.00	0.00
Bleeding Deacons Gp#710958	109.13	407.02
Easy Does It #149241	0.00	0.00
Emotional Sobriety Group ...	0.00	50.00
Eye Opener #169889	200.00	1,000.00
First Things First #697413	111.78	598.25
Freedom Group Okeechobee#709799	0.00	0.00
Friday Night Mens #604208	0.00	0.00
Friendship Group #103470	45.00	195.00
Gays In Recovery #655112	0.00	50.00
Good Guys North #678914	0.00	40.00
Grupo Renacer Hispano FP(...	0.00	0.00
Grupo Serendad PSL(Spanish)	0.00	0.00
Happy Hour Living Sober #653464	0.00	300.00
Heard it thru the Grapevi#662713	0.00	30.00
Helping Hands Group #654010	0.00	0.00
Higher Power Sunday #679339PSL(Sun)	88.00	382.00
Just For Today #168564	0.00	50.00
Kiss #127410	0.00	200.00
Lakewood Park #177727	33.00	253.00
Last Call#151221	0.00	100.00
Late Risers #681809	0.00	0.00
Lunch Box GrpXXXXXX Ft Pierce	0.00	0.00
Lunch Bunch #169623(PSL)	0.00	175.00
Men's Sobriety Group #172529	0.00	0.00
Midday MatineeGP#172992	92.53	542.37
New Hope Group #163611PSL	0.00	40.00
New Windmill Point Gp#148626	20.00	121.00
New Candlelight Grp Bayshore	0.00	0.00
Okeechobee Kiss GP 643906	0.00	22.92
Okeechobee Night Group #103633	50.00	143.00
Okeechobee Noon Group #147217	30.00	268.00
Okeechobee Sobriety Group#643907	0.00	25.00
Primary Purpose #141056(WHC)	0.00	0.00
Primary Purpose Bayshore#679364	0.00	0.00
PSL AA Tues Nite #103698	63.00	93.00
PSL AA Tues Night Mens#163940	0.00	175.00
PSL Saturday AM Mens Gp#606637	200.00	600.00
Reach Out Group FT Pierce	0.00	10.00
Serenity Group #138843	0.00	0.00
Sisters of Sobriety(W) #760856	0.00	0.00
Sour Grapes Group #690990	0.00	0.00
Step Into Action #696779	36.00	54.00
Step Sisters #683996	0.00	0.00
Sun Rise 11th Step Ft Pierce	0.00	0.00
The Future of AA(Young People)#697507	0.00	0.00
Tough Love GpXXXXXX	0.00	0.00
Warrior GpXXXXXX	0.00	0.00
Watch Your Step#645676	0.00	100.00
We Stopped in Time #669606	0.00	24.00
Westside Group #125608 FTP	0.00	0.00
Wolff Road Group #703404...	0.00	0.00
Women Stepping Up #157843	0.00	109.00
Women's New Beginings #611306	0.00	100.00
Okeechobee All Groups	0.00	51.00
Total group donations	1,587.16	9060.50

(NOTE: GpXXXXXX indicates we do not know the group's number. Let us know, please.)

If the World Was Fair to Men

The funniest guy in the office would get to be CEO.

When it was time to leave work, a whistle would sound and you'd get to slide down the back of a Brontosaurus like Fred Flintstone.

Telephones would cut off after 30 seconds of conversation.

Lifeguards could remove people for violating "public ugliness" laws.

Nodding and looking at your watch would be an acceptable response to "I love you."

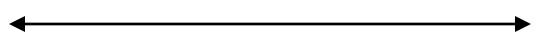
But Apparently It's Not

Jennifer watched as the cashier rang up her purchases.

As Jennifer fumbled in her purse for her wallet, the cashier noticed a television remote in there.

"Do you always carry a TV remote?" the cashier asked.

"No," Jennifer replied. "But my husband refused to come shopping with me and I figured this was the best revenge."



One husband remarked on an article he was reading about a lovely actress about to marry a football player known primarily for his lack of IQ and common sense.

Turning to his wife, he said, "I'll never understand why the biggest jerks end up with the most attractive wives."

"Why thank-you, Dear!" his wife replied.

On the Tenth Step ...

The 10th Step ...

Continued to take personal inventory and when we were wrong promptly admitted it.

The 10th Step Principle...

The principle behind the 10th step is Perseverance.

Tradition Ten...

Alcoholics Anonymous has no opinion on outside issues;

hence the A.A. name ought never be drawn into public controversy

My Tenth Tradition Checklist ...

- 1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
- 2. Can I honestly share my own personal experience concerning any of these without giving the impression I am stating the "AA opinion?"
- 3. What in AA history gave rise to our Tenth Tradition?
- 4. Have I had a similar experience in my own AA life?
- 5. What would AA be without this Tradition? Where would I be?
- 6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
- 7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?



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



A Tenth-Step Prayer For Growth and Effectiveness

*"God, please help me Watch for Selfishness, Dishonesty, Re-
sentment and Fear.*

*When these crop up in me, help me to immediately ask you to remove them from
me and help me discuss these feelings with someone. Father, help me to quickly
make amends if I have harmed anyone and help me to resolutely turn my
thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone
today. Amen" (Based on AA Big Book pg 84 para 2)*

I'M YOUR DISEASE

I hate meetings. I hate higher power. I hate anyone who has a Program . To all who come in contact with me, I wish you death and I wish you suffering.

Allow me to introduce myself. I am the disease of Alcoholism.

Cunning, baffling and powerful. That's me. I have killed millions, and I am pleased. I love to catch you -- with the element of surprise.

I love pretending I am your friend and lover. I have given you comfort. Have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I was there. I love to make you hurt ... I love to make you cry. Better yet, I love when I make you so numb you can neither hurt nor cry. You can't feel anything at all. This is true glory. I will give you instant gratification and all I ask of you is long term suffering. I've been there for you always.

When things were going right in your life, you invited me. You said you didn't deserve these good things and I was the only one who would agree with you.

Together we were able to destroy all things good in your life.

People don't take me seriously. They take strokes seriously, heart attacks, even diabetes seriously, fools that they are. They don't know that, without my help, these things would not be made possible.

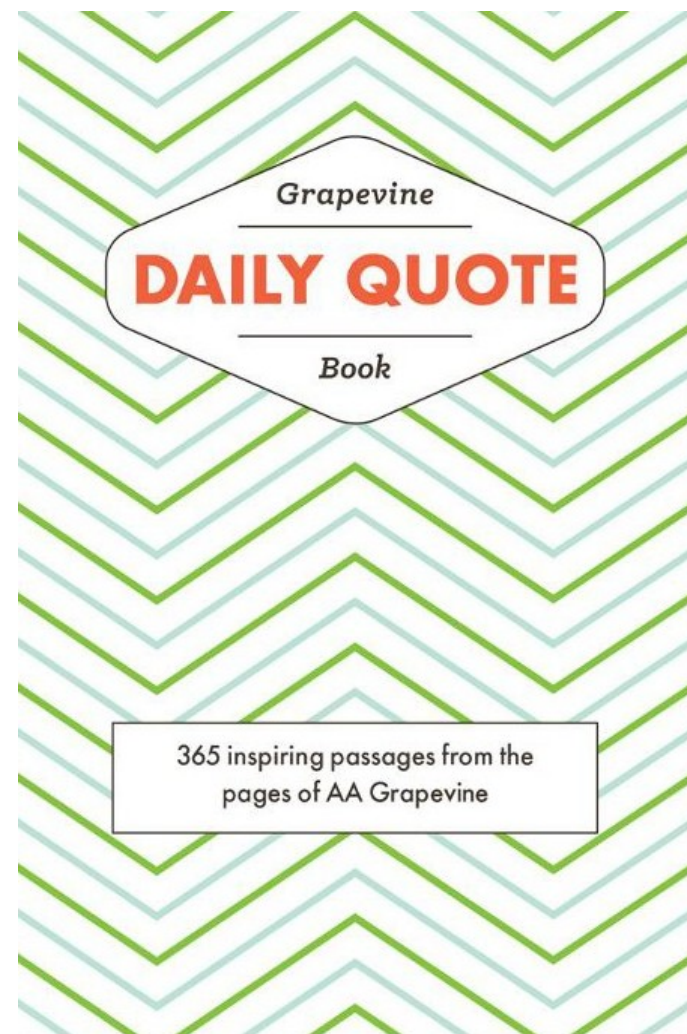
I am such a hated disease. And yet, I do not come uninvited: You choose to have me. So many have chosen me over reality and peace.

More than you hate me, I hate all of you who have a 12-Step Program. Your program, your meetings, your Higher Power all weaken me and I can't function in the manner I am accustomed to.

Now I must lie here quietly. You don't see me, but I am growing bigger than ever. When you only exist, I may live. When you live, I only exist ... But I am here ... And until we meet again ...

If we meet again ... I wish you death and suffering.

— Author Unknown



Just published!

Grapevine DAILY QUOTE Book

**365 inspiring passages from
the pages of AA Grapevine**

Grapevine Daily Quote Book captures the first 365 days of the Grapevine Daily Quote, which initially appeared in June 2012.

The quotes—contributed by AA members, with many written by AA's co-founders— were selected by the Grapevine staff.

All of these passages initially appeared in the pages of Grapevine as part of members' stories and other submissions, and many of them can now be found in Grapevine's themed book anthologies.

Each daily quote is accompanied by the title of the story it came from, the original issue date and the geographical location of its writer. And listed at the bottom of each page is the Grapevine book in which the quote can also be found.

For yourself, or someone you know, each page in this pocket-sized book, offers an inspiring passage of experience, strength and hope to bring into your daily life. To order your book for only \$10.99 pick up a Grapevine Issue at the Intergroup Office for ordering instructions .