

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.



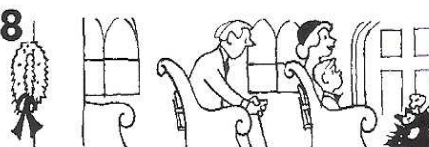
5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



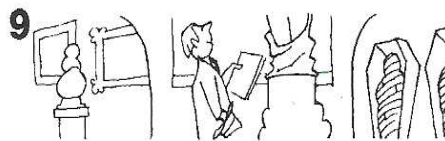
6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



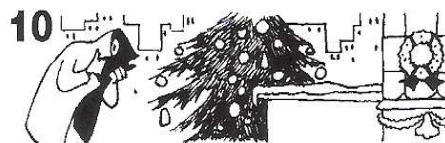
7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



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.



Step Ten

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



DISTRICT 6 ANNUAL GRATITUDE DINNER



Saturday, November 12, 2016

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



Proceeds to be sent to our General Service Office

Tickets \$15.00 each



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

First Presbyterian Church

520 Royal Palm Blvd, Vero Beach, FL 32960



Please bring a dessert to share!



CLOTHESLINE

RAFFLE PRIZES

DOOR PRIZE

ST LUCIE INTERGROUP ASSOCIATION, INC.

879 NE Prima Vista Blvd., Suite 883
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
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

897 NE Prima Vista Blvd., Suite 883

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
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**



SOUTH FLORIDA AREA 15

GENERAL SERVICE ASSEMBLY

"A Shared Experience – A New Life"

Hosted by District 7 * Sarasota County, Florida * January 6th-8th, 2017

Registration Friday 4:00 PM - 8:30 PM; Saturday 8:00 AM - 8:30 PM; Sunday 7:00 AM - 9:00 AM

Friday, January 6

8:30-9:30 PM
10:00-11:00 PM
10:00-11:00 PM

Saturday, January 7

7:00-8:00 AM
7:00-8:00 AM
8:00-9:00 AM
8:00-9:00 AM
8:30-10:50 AM
9:00-10:50 AM
9:00-10:50 AM
9:00-10:50 AM
9:00-10:50 AM
9:00-10:50 AM
9:00-10:50 AM
9:00-10:50 AM
9:00-10:50 AM
11:00 AM-12:30 PM
11:00 AM-12:00 PM
12:00 PM-1:30 PM

Speaker Meeting
Night Owl Meeting
Spanish Night Owl Meeting

Early Bird Meeting
Spanish Early Bird Meeting
Concepts Workshop
Spanish Concepts Workshop
Treatment Facilities Committee
Remote Communities Committee
State Convention Committee
Archives Committee
Current Practices Committee
Grapevine/La Viña Committee*
Literature Committee
PI/CPC Committee
Special Needs Committee**
Spanish Linguistic Committee
Traditions Workshop
Website Committee

Saturday, January 7

12:30-1:30 PM
12:30-1:30 PM
12:30-1:30 PM
1:00-1:50 PM
1:30-3:50 PM
2:00-3:50 PM
2:00-3:50 PM
2:00-3:50 PM
2:00-3:50 PM
2:00-3:50 PM
4:00-5:00 PM
5:00-6:00 PM
7:00-8:30 PM
8:30-9:30 PM
10:00-11:00 PM
10:00-11:00 PM

District Chairpersons Meeting
District Treasurers Meeting
District Secretaries/Registrars
Spanish Traditions Workshop
Corrections Committee
Finance Committee
Intergroup/Central Office
GSR Sharing
DCM Sharing
Quarterly Coordinators Meeting
Service Manual Workshop*
"What's On Your Mind?"
Banquet
Speaker Meeting***
Night Owl Meeting
Spanish Night Owl Meeting

Sunday, January 8

7:00-8:00 AM
7:00-8:00 AM
9:00 AM

Early Bird Meeting
Spanish Early Bird Meeting
South FL Area 15 Business Mtg***

*Spanish Language Interpreter provided; ** ASL Interpreter Provided (if requested); ***ASL (if requested) and Spanish Language Interpreter Provided.

Special Needs at any meeting or workshop. hotel room with wheelchair access or interpreter for the hearing impaired for the Sunday morning business

Saturday Banquet Banquet Menu

No. of just ok Chicken _____
No. of overtop Lasagna _____
No. of tasty Vegetarian _____
Total Tickets at \$43 each _____
Total Amount Enclosed _____

Name _____

Address _____

City _____ ST _____

Zip _____

Phone _____

E-mail _____

District _____ Day you will arrive: Fri or Sat

Guests with special needs (state needs) _____

PAYMENTS DUE BY: December 30, 2016

Make checks payable to:

District 7

P.O. Box 61732

Fort Myers, FL 33906-1732

QUESTIONS? Contact: Carlos M. (Banquet Chair)

at 239-243-4304

or District7banquetchair@gmail.com

Hyatt Regency Sarasota

1000 Boulevard of the Arts

Sarasota, Florida, USA, 34236

Phone: 941-953-1234

Reservations: 1-888-421-1442

Reference "South FL Area General Service"

Room Rate: \$139.00 S/D \$149 T \$159 Q

Must be received by Dec 3, 2016

Book online at:

<https://resweb.passkey.com/go/SFLAreaGeneralServices2017>

FOR HOTEL ROOM WAIT LIST OR TO CANCEL A ROOM PLEASE CONTACT: hotelinfo@area15aa.org

Directions:

I-75 to Exit 210, turn West on Fruitville Road towards Sarasota for approx 7 miles, turn right on Tamiami Trail, turn left first at traffic light onto Boulevard of the Arts

QUESTIONS? Contact Quarterly Chair
Text please or call Jim R 239-699-7374 or
District7quarterlychair@gmail.com

2016 Group Contributions through August 30

Group	Group #	AUG.	YTD	Group	Group #	JAUG.	YTD
A Desire To Stop GP		0.00	0.00	Lunch Bunch	169623	0.00	525.00
AA Promises GP	671816	0.00	0.00	Men's Sobriety Group	172529	70.00	280.00
Alternate MC Beginners AA GP	645696	0.00	0.00	Midday Matinee	172992	0.00	340.00
An AA Group	706090	0.00	0.00	New Hope Group	163611	0.00	260.00
Back to Basics	617295	72.00	174.00	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	374.26	Okeechobee Night Group	103633	0.00	100.00
Better Understanding	670079	0.00	0.00	Okeechobee Noon Group	147217	30.00	240.00
Bleeding Deacons	710958	0.00	450.00	Okeechobee Sobriety Group	643907	0.00	0.00
Easy Does It	149241	30.00	90.00	Okeechobee Women's Group		0.00	0.00
Ensollielle (French, seasonal)		0.00	25.00	One Page at a Time	648188	0.00	0.00
Eye Opener	169889	100.00	850.72	Primary Purpose Welcome Home	141056	0.00	0.00
First Things First	697413	116.00	564.65	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	145.00
Friendship Group	103470	0.00	0.00	PSL Sat. AM Men's Group	606637	0.00	490.00
From Darkness To Light		0.00	0.00	Reach Out Group	714201	0.00	37.00
Gays In Recovery	655112	0.00	50.00	Sisters of Sobriety	700856	0.00	0.00
Good Guys North	678914	0.00	75.00	Sour Grapes Group	690990	0.00	0.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Step Into Action	696779	0.00	143.00
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		7.50	115.50
Helping Hands Group	654010	50.00	120.00	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	130.00
Just For Today	168564	0.00	0.00	Watch your Steps	645676	0.00	0.00
Keep It Simple— Okeechobee	643906	0.00	0.00	We Stopped in Time	669606	0.00	0.00
KISS	127410	00.00	301.05	Westside Ft Pierce	125608	0.00	0.00
Lakewood Park	177727	25.00	140.00	Wolff Road Group Okeechobee	703404	0.00	50.00
Last Call	151221	50.00	200.00	Women Stepping Up	157843	0.00	150.00
Late Risers	681809	0.00	300.00	Women's New Beginnings	611306	0.00	50.00
Lunch Box		0.00	0.00	TOTAL AA GP Contributions		625.50	7045.18

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."

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!!!***

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.

897 NE Prima Vista Blvd.,

Suite 883

Port St Lucie, Fl 34952

The Unity Committee of I.R.C. Central Office
presents



Celebrating October

Saturday, October 15, 2016

6:00 p.m

The Newport Club 2536 16th Avenue

**BRATS, SAUERKRAUT,
GERMAN POTATO SALAD**

Donations accepted

Speaker Meeting: 8:00pm

Lane S. Of the Vero Beach Men's Group

*Our description of the alcoholic, the chapter
to the agnostic, and our personal adventures*

before and after make clear

three pertinent ideas:

That we were alcoholic and could not manage our own lives.

*That probably no human power could have
relieved our alcoholism.*

That God could and would if He were sought.

On the Tenth Step ...

The Tenth Step ...

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

The Tenth Step Principle ...

The principle behind the 10th step is Perseverance.

The Tenth Tradition ...

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?

On the Tenth Step ...

A Tenth-Step Prayer For Growth and Effectiveness

"God, please help me Watch for Selfishness, Dishonesty, Resentment 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)

The Complete Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.
--Reinhold Niebuhr