

# 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.



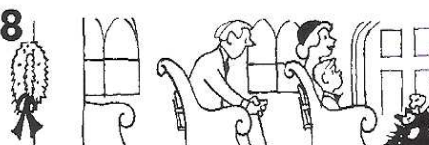
**5** Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



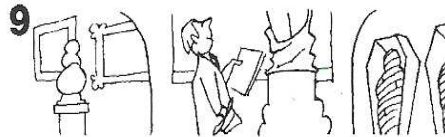
**6** If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



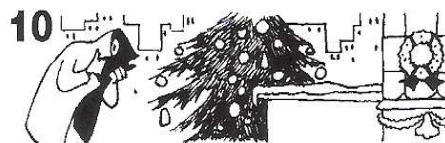
**7** Don't think you have to stay late. Plan in advance an "important date" you have to keep.



**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 12th Step ...

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principals in all our affairs.



# T'was the Night Before Christmas ... ... Thank God For Sponsorship

### *David M. of Port St. Lucie shares an AA-style Holiday Miracle:*

It was Christmas Eve, my first Christmas sober, and I was helping my mother prepare the food for Christmas Day. I was 33 years old and living with my parents.

The previous year I had gotten arrested, a DUI this time. I was drinking alone and blacked out. I swore I would never drink alone. Then in April I had become a member of AA. By now I was going to meetings and I had a sponsor.

I got so caught up with work and Christmas that I hadn't been to a meeting in about a week. My mom told me that I was dicing the onions too big. That ticked me off.

I felt stupid living with my parents at 33 years old. I was full of self-pity, didn't know it.

I thought about the guys I used to hang out with. "I know they're at the pub. It's Christmas Eve. That was always a blast!" I wanted to get together with the guys. "No-one would know!"

Then I thought about recovery; just seven months' sober. I remembered that a guy at a meeting had suggested: "Follow through with the thought and see the consequences. Talk to another alcoholic."

I decided to call my sponsor. I dialed and he didn't answer and, when it went to voicemail, I hung up. "I thought he was always supposed to be there."

My mother rounded the corner: "David, are you okay? You looked distracted."

"Leave me alone ma! Just leave me the

*(Continued on page 3)*



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



## 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](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)

*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](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)





## AREA 15 SOUTH FLORIDA GENERAL SERVICE ASSEMBLY

### "THE FELLOWSHIP OF THE SPIRIT"

Hosted by Districts 3 and 5 ♦ January 5 - 7, 2018

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

#### Friday, January 5

6:30-8:20 PM	Inventory Ad-Hoc Comm. Meeting
8:30-9:30 PM	Speaker Meeting
10:00-11:00 PM	Night Owl Meeting
10:00-11:00 PM	Spanish Night Owl Meeting

#### Saturday, January 6

7:00-8:00 AM	Early Bird Meeting
7:00-8:00 AM	Spanish Early Bird Meeting
8:00-9:00 AM	Concepts Workshop
8:00-9:00 AM	Spanish Concepts Workshop
8:30-10:50 AM	Treatment Facilities Committee
9:00-10:50 AM	Remote Communities Committee
9:00-10:50 AM	State Convention Committee
9:00-10:50 AM	Archives Committee
9:00-10:50 AM	Current Practices Committee
9:00-10:50 AM	Grapevine/La Viña Committee*
9:00-10:50 AM	Literature Committee
9:00-10:50 AM	PI/CPC Committee
9:00-10:50 AM	Special Needs/ Accessibilities Committee**
11:00 AM-12:30 PM	Spanish Linguistic Committee
11:00 AM-12:00 PM	Traditions Workshop

#### Saturday, January 6

12:00 PM-1:30 PM	Website Committee
12:30-1:30 PM	District Chairpersons Meeting
12:30-1:30 PM	District Treasurers Meeting
12:30-1:30 PM	District Secretaries/Registrars
1:00-1:50 PM	Spanish Traditions Workshop
1:30-3:50 PM	Corrections Committee
2:00-3:50 PM	Finance Committee
2:00-3:50 PM	Intergroup/Central Office
2:00-3:50 PM	GSR Sharing
2:00-3:50 PM	DCM Sharing
2:00-3:50 PM	Quarterly Coordinators Meeting
4:00-5:00 PM	Service Manual Workshop*
5:00-6:00 PM	"What's On Your Mind?"
7:00-8:30 PM	Banquet
8:30-9:30 PM	Speaker Meeting***
10:00-11:00 PM	Night Owl Meeting
10:00-11:00 PM	Spanish Night Owl Meeting

#### Sunday, January 7

7:00-8:00 AM	Early Bird Meeting
7:00-8:00 AM	Spanish Early Bird Meeting
9:00 AM	South FL Area 15 Business Mtg***

\*Spanish language interpreter provided \*\*ASL interpreter provided (if requested) \*\*\*ASL (if requested) and Spanish language interpreters provided

For special needs at any meeting or workshop, a hotel room with wheelchair access, or an interpreter for the hearing impaired for the Sunday business meeting, please contact the Area Accessibilities Chair at [specialneeds@area15aa.org](mailto:specialneeds@area15aa.org)

#### Saturday Banquet

##### ♦ Banquet Menu ♦

Number of plates of: Chicken \_\_\_\_\_  
Lasagna \_\_\_\_\_  
Vegetarian Option \_\_\_\_\_  
Total number of tickets at \$45 each \_\_\_\_\_  
Total amount enclosed \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ St \_\_\_\_\_  
Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
District \_\_\_\_\_ Day you will arrive: Fri or Sat  
Guests with special needs (type of need): \_\_\_\_\_

**PAYMENTS DUE BY: December 22, 2017**

Checks payable to: District 3 Funds

Mail to: District 3 Quarterly,  
4204-H South Florida Ave, Lakeland, FL 33813

**QUESTIONS?** Contact: Debbie R. at (863) 397-9980  
or [district3quarterly@gmail.com](mailto:district3quarterly@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" or  
<https://aws.passkey.com/go/SFA2>

Room Rate: \$145- S/D \$155-T \$165-Q

Must be received by December 3, 2017

**FOR HOTEL ROOM WAIT LIST OR TO  
CANCEL A ROOM PLEASE CONTACT:**

[hotelinfo@area15aa.org](mailto:hotelinfo@area15aa.org)

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

**QUESTIONS?** Contact the Quarterly Chairpersons

Debbie (863) 397-9980

Tom (859) 866-6231

[district3quarterly@gmail.com](mailto:district3quarterly@gmail.com)

# 2017 Group Contributions thru October 30

GROUP	Group #	OCT	YTD	GROUP	Group #	OCT	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	90.00	558.00	Midday Matinee	172992	0.00	0.00
Bayside GP	134955	0.00	262.62	New Hope Group	163611	0.00	325.00
Begin Where You Are	666125	0.00	0.00	New Windmill Point	148626	0.00	0.00
Better By The Beach	688860	191.22	759.76	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	0.00	270.00
Easy Does It	149241	0.00	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
Ensollielle (French, seasonal)	681471	0.00	50.00	Primary Purpose Welcome Home	141056	100.00	200.00
Eye Opener	169889	50.00	800.00	Primary Purpose Bayshore	679364	0.00	275.00
First Things First	697413	0.00	268.11	PSL AA Tues. Nite Group	103698	40.00	280.00
Friday Night Men's	604208	0.00	50.00	PSL Sat. AM Men's Group	606637	500.00	1500.00
Friendship Group	103470	52.29	162.29	Reach Out Group	714201	0.00	45.00
From Darkness To Light		0.00	0.00	Sisters of Sobriety	700856	0.00	0.00
Gays 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	250.00	1150.00	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	0.00	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	60.00	110.00	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	50.00	200.00
Lakewood Park	177727	40.00	375.00	Women's New Beginnings	611306	0.00	150.00
Last Call	151221	0.00	0.00				
Late Risers	681809	200.00	800.00	<b>TOTAL AA GP Contributions</b>		<b>1623.51</b>	<b>11311.78</b>

**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."**

# T'was the Night Before Christmas ... Thank God For Sponsorship

*(Continued from page 1)*

hell alone!" I yelled just like when I was drinking. I grabbed my jacket and stormed out the door.

"Where are you going? Stop! Oh, Good Lord! Stop!"

I was heading for the pub. I felt like I was breathing fire. Then a car

stopped. It was Tony from my home group.

"Hey David! Merry Christmas.!" He yelled out, "Do you need a ride?" I walked over to his car and told him what happened. "I'll take you to a meeting" he said.

Just then my cell rang. It was my sponsor. I told him, too. Said I was with Tony and off to a meeting. He said he would meet me there.

The topic of the meeting was Gratitude, a topic I needed to hear although I didn't care to hear it.

After the meeting my sponsor and Tony pointed out to me how lucky I was

living with my parents instead of being homeless. I started to feel the gratitude. My sponsor was right.

He suggested we finish up the steps. "Are you willing to do that?" A meeting a day, he suggested. He told me that, in time, I would be back on my two feet; that I would need to work for it and to be patient.

I did the work and today I'm grateful. I couldn't have gotten to where I am today without my sponsor. I'm an active member of AA and I sponsor other guys now.

It was no coincidence that Tony showed up and my sponsor called me back that Christmas Eve.

## 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

## APPRECIATION BUFFET

For St. Lucie Intergroup's Volunteers

(Formerly the Lasagna Dinner)

Coming January 2018

**(Date to be Announced)**

Featuring Roast Pork

Lemon Chicken

Baked Ziti

Favorite Sides and Salads



St. Andrew Lutheran Church  
295 SW Prima Vista Blvd, Port St. Lucie



Doors open 5 PM,  
Dinner at 6, Speaker at 7  
Tickets \$12  
At Door or Intergroup Office  
833 E. Prima Vista Blvd  
**Info: (772) 873-9299**

# *On the Twelfth Step ...*

## The Twelfth Step ...

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principals in all our affairs.

## The Twelfth Tradition Checklist ...

1. Why is it a good idea for me 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 current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a 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 do 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 conscience? 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 the real importance of *me* among more than a million AAs?



## *On the Twelfth Step ...*

### The Twelfth Step Principle...

The principles behind the 12th step are Charity and Love

### Tradition Twelve...

Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

## ***A TWELFTH-STEP PRAYER***

Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for inner strength and wisdom to practice the principles of this way of life in all I do and say. I need You, my friends, and the Program every hour of every day. I give thanks for all I am thus offered.

**Amen.**