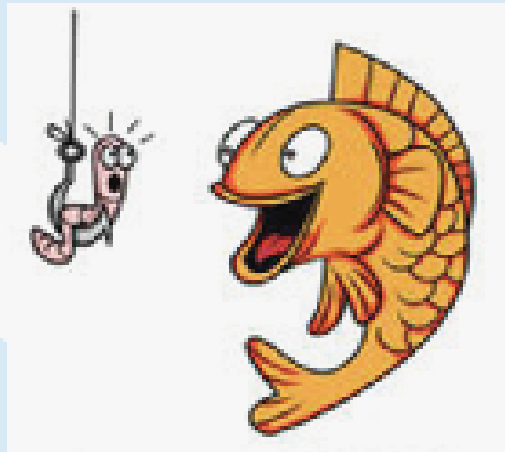


OKEECHOBEE FISH FRY

District 6



Saturday, August 25th 2018
10am – 3pm

**Please Bring a Covered Dish or Dessert to
Share**

**MEETING • FOOD • FELLOWSHIP •
RAFFLE**

C. Scott Driver Park
10101 State Road 78 West
Okeechobee, FL 34974
Ticket contribution \$15



Step Seven

*Humbly asked Him to remove
our shortcomings*



July 2018

Cleaning *My* Hard Drive: *An Exercise In Working The Steps*

(Thanks to Richard C.)

I was talking to a friend one evening and she shared how she dealt with her resentments. I remember going home happy because I didn't think I had a resentment problem. I was wrong.

That night my computer wasn't working properly, I quickly realized that my hard drive was full. To free up space, I used the computer's uninstall wizard to get rid of unwanted programs. My computer ran much better.

Then it hit me: my brain was full of resentments, and it wasn't working properly. Years of resentments had clogged my brain and affected my serenity and happiness.

Computer programs have branches that reach into the deepest part of the computer. It's easy to find and delete a single computer program, but it is almost impossible to find and delete all of the inter-

connecting programs.

Resentments are very similar to unwanted computer programs. I had accumulated more than 45 years of resentments. My brain has billions of interconnections to my resentments, and I cannot begin to understand how to delete all of them.

My computer's uninstall wizard uses four steps that simplify finding and deleting unwanted programs and their connections. In the first steps, I search the hard drive to identify any unwanted programs. I then discuss with a systems administrator the exact nature of the unwanted program to determine if it should be removed. The wizard then asks if I am entirely ready to delete the program. By selecting the finish button, I ask my computer to remove the unwanted program and the process of seeking out and eliminating the unwanted

program and all of its connections begins.

I needed an uninstall wizard for my resentments. I found one with Steps Four, Five, Six, and Seven. These Steps, used with other program tools, help eliminate and prevent resentments.

With Step Four, I take a fearless and searching moral inventory. I can identify and list resentments that were not previously visible. It allows me to see my part in my resentments.

I take the Fifth Step to verify, validate, and sort out the exact nature of my resentments by sharing with myself or another person. In the Sixth Step I realize what character defects are not good for me. Once I realize that resentments make me angry, obsessive, and only hurt me, I am entirely ready to remove them.

(Continued on page 2)

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

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 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 third 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)

DCMs/GSRs Meeting the 1st Saturday of month 10:30 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 our District 6 Treatment Committee BTG Coordinator Chris B:
Cbrady561@gmail.com
1-561-628-3604**

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

An Exercise in Working the Steps

(Continued from page 1)

The Seventh Step is the finish button that allows my Higher Power to do His job. I humbly ask Him to remove my resentments. This request starts a process where my Higher Power finds and eliminates the remainders of my resentments. After taking the Seventh Step, I need to be patient. My computer works in near real time, but the Seventh Step works on God's time. Computers are attacked daily by viruses and spy ware. Anti-virus programs protect the computer by constantly taking inventories. When a malicious

program is found, the software promptly deletes it.

I am attacked by everyday life events. I have trigger points that can instantly reinstate my resentments. The Tenth Step maintains and protects my serenity. I use it to prevent new and old resentments from developing by

continuing to take my inventory and promptly admitting when I am wrong.

Firewalls protect computers from destructive viruses and unauthorized users. How can I prevent resentments? I've learned that by setting boundaries and detaching with love, most of my resentments can be avoided.

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

Bill W's family experience with Alcoholism from childhood would help shape our Program

Bill Wilson was his mother's son, but took after his father in many ways. The Wilson side of the family owned and operated what is still today known as the "Wilson House," a large, comfortable inn in East Dorset, Vermont. Gilman Wilson, Bill's father, was known as "Jolly Gilly" due to his reputation as a larger than life, flamboyant character who entertained his guests with elaborate stories and plenty of alcohol, especially when there were attractive women in the audience.

Bill looked up to his father, likely impressed by the seeming ease with which he attracted people to himself, but he adored his mother, constantly seeking her approval. Bill began noticing that his mother was becoming very intolerant of her husband's freewheeling and often outlandish behavior, criticizing his drinking while ignoring his flirtations with women. His parents' divorces when Bill was 10 years old, something of a scandal back in the early 1900s, and Bill blamed it on the alcohol and swore at that time he would never take a drink himself.

Prior to the divorce Emily, Bill's mother, tried repeatedly to get her husband to stop drinking, often retelling the tale of Gilman's father William Wilson, a known alcoholic. Unlike his son, William knew his drinking had become problematic, which led him to take a series of Temperance Pledges. None took hold. One Sunday morning out of complete despair, William climbed to the top of Mount Aeolus, the mountain the overshadows East Dorset, and pleaded to God for help. William described seeing a white light and feeling a great wind and, becoming so moved, he rushed down the mountain to the Congregation Church, interrupted the ongoing service and demanded the minister vacate the pulpit so he could describe the experience to the congregation. William remained sober for eight years until his death, a changed man. Bill heard this story many times as Emily tried to convince Gilman to stop drinking, but it had little impact on Bill.

Bill was formulating his own ideas about religion, so the insistence of many churches that their members, especially the youths, take Temperance Pledges and vows of sobriety rubbed him the wrong way. Bill had already decided he was not going to drink and the idea that someone was telling him that he couldn't led to Bill's almost complete rejection of religion. Bill was the only member of the youth group to refuse to sign the Pledge.

Bill would reflect on his grandfather's transforming experience after alcohol had consumer him and have his own "White Light" experience in Towne's Hospital, one that almost every AA member is familiar with, a confirmation of Divine power.

(Submitted by Bob S.)

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.

2018 Group Contributions thru May 31

GROUP	Group #	MAY	YTD	GROUP	Group #	MAY	YTD
11th Step Candlelight PSL		0.00	0.00	Lunch Bunch PSL	169623	0.00	300.00
A Desire To Stop GP		0.00	121.00	Men's Sobriety Group	172529	0.00	250.00
AA Promises GP	671816	0.00	0.00	Midday Matinee	172992	0.00	0.00
Alternate MC Beginners AA GP	645696	0.00	0.00	New Hope Group	163611	100.00	200.00
Back To Basics	617295	0.00	1.00	New Windmill Point	148626	0.00	0.00
Bayside GP	134955	103.00	261.00	Okeechobee Discussion		0.00	0.00
Begin Where You Are	666125	0.00	0.00	Okeechobee Night Group	103633	0.00	160.00
Better By The Beach	688860	0.00	408.70	Okeechobee Noon Group	147217	30.00	150.00
Better Understanding	670079	0.00	0.00	Okeechobee Sobriety Group	643907	0.00	0.00
Bleeding Deacons	710958	0.00	0.00	Okeechobee Women's Group		0.00	0.00
Easy Does It	149241	0.00	0.00	Primary Purpose Welcome Home	141056	0.00	150.00
Emotional Sobriety Group		0.00	0.00	Primary Purpose Bayshore	679364	0.00	100.00
Ensollielle (French, seasonal)	681471	0.00	100.00	PSL AA Tues. Nite Group	103698	0.00	80.00
Eye Opener	169889	100.00	500.00	PSL Mens Group Tuesday	163940	20.00	40.00
First Things First	697413	0.00	558.00	PSL Sat. AM Men's Group	606637	300.00	600.00
Friday Night Men's	604208	97.00	97.00	Reach Out Group	714201	25.00	50.00
Friendship Group	103470	0.00	191.50	Sisters of Sobriety	700856	0.00	0.00
From Darkness To Light		0.00	0.00	Step Into Action	696779	40.00	120.00
Gays In Recovery	655112	0.00	50.00	Step Sisters	683996	0.00	0.00
Good Guys North	678914	0.00	25.00	Sun Rise 11th Step		0.00	0.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Talking Feathers		0.00	32.00
Grupo Serendad PSL (Spanish)		0.00	0.00	Tough Love Group		0.00	0.00
Happy Hour Living Sober	653464	0.00	625.00	Wake-Up Group		0.00	0.00
Heard it thru the Grapevine GP	662713	0.00	0.00	Warriors		0.00	80.00
Helping Hands Group	654010	0.00	50.00	Watch your Steps	645676	50.00	125.00
Higher Power Sunday	679339	0.00	200.00	We Stopped in Time	669606	0.00	0.00
Just For Today	168564	0.00	80.00	Westside Group Ft Pierce	125608	0.00	50.00
Keep It Simple— Okeechobee	643906	0.00	0.00	Wolff Road Group Okeechobee	703404	0.00	50.00
KISS	127410	250.00	250.00	Women Stepping Up	157843	0.00	100.00
Lakewood Park	177727	40.00	200.00	Women's New Beginnings	611306	0.00	0.00
Last Call	151221	0.00	0.00	TOTAL AA GP Contributions		1155.00	6854.20
Late Risers	681809	0.00	250.00				
Lunch Box Ft. Pierce		0.00	0.00				

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. "

ONLINE MEETING GUIDE

NOW AVAILABLE ON OUR HOMEPAGE:

<http://aastlucieintergroup.com>

FOLLOW THIS LINK

Online Meeting Guide: The Meeting App

<http://aastlucieintergroup.com/meetings/>

FIND A MEETING


STEP INTO ACTION

[Back to Meetings](#)

Get Directions →

Meeting Information
Monday, 7:30 pm

ALL VILLAGES PRESBYTERIAN CHURCH
2 other meetings at this location
1550 SW Heatherwood Blvd
Port St. Lucie, FL 34986
Updated April 10, 2018



ALL VILLAGES PRESBYTERIAN CHURCH
1550 SW Heatherwood Blvd
Port St. Lucie, FL 34986
Directions

Search Q ▾ Everywhere ▾ Tuesday ▾ Any Time ▾ List Map

Time	Meeting	Location	Address	Region
6:30 am	FIRST THINGS FIRST GROUP	BAYSHORE CLUB	8545 US-1	Port St. Lucie
7:30 am	BEGIN WHERE YOU ARE	NOTRE DAME CATHOLIC CHURCH	217 US-1	Fort Pierce
8:00 am	EYE OPENER GROUP	BAYSHORE CLUB	8545 US-1	Port St. Lucie
10:00 am	LATE RISERS GROUP	BAYSHORE CLUB	8545 US-1	Port St. Lucie
10:00 am	ENSEMBLE GROUP	THE CROSSINGS CHURCH	8103 Indria Rd	Fort Pierce

GET A SCHEDULE,
MAP AND
DIRECTIONS!!!

AA Public Information now has a YouTube Channel. Find it at:

<https://www.youtube.com/channel/UC2nfvf9DeDA7QYvLeq4pQ-w>

Alcoholics Anonymous®



Alcoholics Anonymous World Services, Inc.

208 subscribers

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PLAYLISTS

CHANNELS

ABOUT



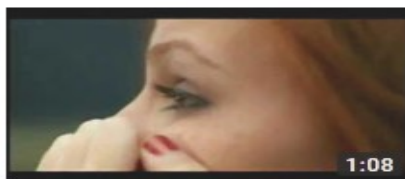
AA Public Service Announcements - English PLAY ALL

Alcoholics Anonymous Public Service Announcements (PSAs)



Doors

Alcoholics Anonymous World ...
585 views • 3 months ago



My World

Alcoholics Anonymous World ...
338 views • 3 months ago



I have Hope

Alcoholics Anonymous World ...
260 views • 3 months ago

On the Seventh Step ...

The Seventh Step ...

Humbly asked Him to remove our shortcomings.

The Seventh Step Principle ...

The principle behind the 7th Step is *HUMILITY*.

The Seventh Tradition ...

Every AA group ought to be fully self supporting,
declining outside contributions.

My Seventh Tradition Checklist ...

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?

On the Seventh Step ...

The Seventh Step Prayer ...

My Creator, I am now willing that
you have all of me, good and bad.

I pray that you now remove from me
every single defect of character

Which stands in the way of my
usefulness to you and my fellows.

Grant me strength,
as I go out from here,
to do your bidding. Amen

(P. 76 OF ALCOHOLICS ANONYMOUS, "THE BIG BOOK")