

# 2018 SOUTHEAST REGIONAL FORUM

Sterling, VA  
November 16 - 18, 2018

ALL A.A. MEMBERS ARE WELCOME  
FIRST-TIME ATTENDEES ENCOURAGED

A unique opportunity  
for A.A. members to  
share their experience,  
strength and hope.

## Our primary PURPOSE

### First Time Forum Attendees

Those of you attending your first A.A. Regional Forum, are especially welcome! Come and meet other A.A. members and learn about the rich variety of service opportunities that our Fellowship offers.

Whether you are new to service or have been sober and active in A.A. service for years, the Regional Forum experience is a wonderful way to learn and share about our worldwide, life-saving Fellowship.

### More than a Presentation

Presentations cover topics such as: A.A. Around the World, Who are Our Trustees and What Do They Do? Your General Service Office: How It Helps My Group Carry the A.A. Message? Self-Support, and much more. Most presentations feature hand-outs and time for questions and answers.

### Workshops, we need your voice

Regional Forums provide a great opportunity for members to exchange group, district, area and regional experience. You will find that Area Delegates and committee members also come to listen and share their experience.

### Spiritual Principles, Practical Experience

Communication—one alcoholic talking to another—is the vital link for all of us in A.A. Regional Forums create another important link in that chain. Whether it is a one-on-one chat during a coffee break, asking a question at the microphone during a Sharing Session, or just absorbing information, each member's attendance at these Forums helps to further our primary purpose—staying sober and helping other alcoholics to achieve sobriety.

*Our Twelfth Step—carrying the message—is the basic service that the A.A. fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.*

A.A.'s Legacy of Service by Bill W.  
The A. A. Service Manual, p. 51

## What to EXPECT

### First Timer Orientation

We especially welcome you if this will be your first Regional Forum. Before the Forum starts, there will be an orientation session which will include an informational handout.

### Sharing Sessions/Ask-It Basket

What have you been wondering about? Come up to the mike, maybe others have been wondering too. Share your thoughts and ask your questions. If you don't want to come to the mike, you can write out your comment or question and drop it into the "Ask-It" Basket.

### Presentations

You will hear presentations covering topics such as, A.A. Around the World, Self-Support and Carrying the Message. Each presentation features hand-outs and time for questions and answers. It's a great way to get to know members of the General Service Board, as well as Staff and Directors from the General Service Office and A.A. Grapevine.

### A.A. Grapevine / La Viña

Meet the Staff from A.A. Grapevine and La Viña, "our meetings in print," and learn how the magazines carry experience, strength and hope to A.A. members in a vast number of settings. You can learn how to contribute stories and participate as a Grapevine/ La Viña representative.

### Workshops

The workshop topics come from recommendations made by Forum attendees the last time we were in your Region. Workshops may cover practical "how-to" topics as well as themes related to unity, recovery and service. At the end of the Forum we will ask you for ideas for the next Forum in your Region.

## FORUMS OFFER...

A meeting place to ask questions and spark new ideas to help carry the A.A. message of hope to the still-suffering alcoholic. Forums are designed to enhance communication and participation among A.A. members, the General Service Board, and Staff and Directors from the General Service Office and A.A. Grapevine.

### HOTEL

**RESERVATIONS:** Group discount codes for the hotels are online at [aa.org](http://aa.org), under "Regional and Local Forums" and on each Forum's registration form.

## Upcoming Forums 2018

June 8-10	Western Canada	Ramada Plaza Regina, Saskatchewan
July 20-22	Eastern Canada	Hotel Le Victorin Victoriaville, Québec
September 7-9	Pacific	Doubletree by Hilton San Jose, CA
November 16-18	Southeast	Washington Dulles Airport Marriott Sterling, VA
<b>2019</b>		
May 31-June 2	Northeast	Westchester Marriott Hotel Tarrytown, NY
July 12-14	East Central	Sheraton Detroit Metro Detroit, MI
August 16-18	West Central	Alerus Center Grand Forks, North Dakota
October 11-13	Southwest	Sheraton North Houston Intercontinental Houston, TX

### Since 1975

Forums offer a meeting place to help carry the  
A. A. message of hope to the still-suffering alcoholic.



## Step Ten

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



# Is the compulsion back Y.E.T?\*

## \*Y.ou're E.ligible, T.oo!

*"I have told the following story at several AA meetings as a reminder to all of us not to be too complacent concerning our illness: An old man stood in front of us with tears running down his cheeks. He could hardly speak as he began to tell us his story. He'd been sober for thirty-four years and things were going quite well for him. His life was under control and there were no real pressing problems plaguing him. He was walking past a liquor store and for some unknown reason decided to buy a half pint of whisky. A half pint won't hurt me, he said to himself as he walked through the doors. Within a few days he was up to a fifth a day. His friends in AA discovered he was drinking again and helped him to regain his sobriety once more."*

I just celebrated my twenty-second year of continuous sobriety, so I had my sobriety well under control, or so I thought. Little did I know I was about to be exposed to a situation that tested my resolve and caused me to revamp my attitude toward my sobriety.

My significant other was going on a business trip to California and asked me to join her on the weekend to meet her father. I'd wanted to meet him for some time so I jumped at the chance.

Her father was a member of a band that plays in various bars

around California on the weekend. He asked us to come listen to him and I didn't see any harm in that.

My friend had just celebrated eight years of sobriety, and I had twenty-two years of sobriety. What could go wrong?

The evening was really fun. The band was great, and my friend and I discovered a new wonderful aspect of our relationship by learning to dance together for the first time since we'd become a couple.

People in the audience were buying her father glasses of straight whiskey that he was drinking on

stage as he played the steel guitar. During one of the short breaks that the band took, he came over to our table to chat and brought his glass of whiskey with him. While he was at the table with us, someone brought him another glass of whiskey that he put on the table in front of me. When he went back to the stage, he left this glass of whiskey on the table.

As I turned to watch the band, I saw the glass of whiskey sitting before me. For the next hour and a

*(Continued on page 7)*

**Know Members with Special Needs? Please see Page 7**

ST LUCIE INTERGROUP ASSOCIATION, INC.  
883 E Prima Vista Blvd.  
Port St Lucie, FL 34952

(in the NW corner of Prima Vista & US 1, located in Port St Lucie Plaza)  
Office and 24-Hour Help Line: (772) 873-9299

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 subscribe to a PDF copy of *In Gratitude* Newsletter via e-mail, e-mail a request to:  
[stlucieintergroup@att.net](mailto:stlucieintergroup@att.net), attn: Rex B., editor

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## 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](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 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)

..... the 1st Saturday of month 10:30 a.m.  
*Corrections Committee* Meeting... the 2nd Saturday of month, 10:30 a.m.  
..... the 3rd Saturday of month, 10:30 a.m.  
..... 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](mailto: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](mailto:stlucieintergroup@att.net)

# Is the compulsion back Y.E.T?\*

## \*Y.ou're E.ligible, T.oo!

*(Continued from page 1)*

half, that glass of whiskey tempted me beyond what I thought was possible. I thought all those years of sobriety would protect me from even being tempted. But I was wrong.

All kinds of reasons kept going through my mind as to why it would be okay to take a drink of that whiskey. "One little sip won't hurt anything. I'll take a sip while my friend is in the rest room. I have breath mints so she'll never know. Just one little sip is all I'll have.

Nobody will notice if I take just one little sip."

My Higher Power and all I'd learned from AA throughout the years kept me from taking that drink. Knowing other alcoholics' experiences proved to be helpful to me in this situation as well. I remembered that elderly man with thirty-four years of sobriety. I remembered how he slipped, and it was enough to keep me from making that fatal mistake of

taking the first drink.

I acquired a new respect for my illness that evening. I learned it was just lurking under the surface waiting for the first opportunity to raise its ugly head. I learned it truly was cunning and baffling.

**Rawlins R. - Tucson, Arizona**

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AA Grapevine April 1997**

### 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

### Help us share information to make Alcoholics Anonymous accessible to all who reach for the hand of AA

**GSRs, DCMs and District Committee Chairs and Members:** If you are aware of AA members who are using online resources to overcome hearing, sight, movement, distance, language or other challenges to accessing The Hand of Alcoholics Anonymous or are seeking such resources, please have them e-mail useful links to our St. Lucie Intergroup Webmaster at [stlucieintergroup@att.net](mailto:stlucieintergroup@att.net). We are attempting to create a link page on our Intergroup website as a resource for enabling access for all.

### The (Daily) 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")



# 2018 Group Contributions thru August 31

GROUP	Group #	JULY	YTD	GROUP	Group #	JULY	YTD
11th Step Candlelight PSL		0.00	0.00	Lunch Bunch PSL	169623	50.00	350.00
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	0.00	200.00
Back To Basics	617295	87.00	348.00	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	150.00	150.00	Okeechobee Night Group	103633	0.00	460.00
Better By The Beach	688860	0.00	530.90	Okeechobee Noon Group	147217	30.00	240.00
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	120.00	280.00
Eye Opener	169889	100.00	700.00	PSL Sat. AM Men's Group	606637	300.00	900.00
First Things First	697413	0.00	706.50	Reach Out Group	714201	25.00	75.00
Friday Night Men's	604208	100.00	197.00	Sisters of Sobriety	700856	0.00	0.00
Friendship Group	103470	32.00	223.50	Step Into Action	696779	36.00	156.00
From Darkness To Light		0.00	0.00	Step Sisters	683996	75.00	214.00
Guys In Recovery	655112	0.00	100.00	Sun Rise 11th Step		0.00	0.00
Good Guys North	678914	250.00	45.00	Talking Feathers		33.00	73.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	The Devine Appointment		0.00	0.00
Grupo Serendad PSL (Spanish)		0.00	0.00	The Steps We Took		0.00	0.00
Happy Hour Living Sober	653464	0.00	683.00	Tough Love Group	721766	0.00	0.00
Heard it thru the Grapevine GP	662713	0.00	80.00	Two Alternatives		0.00	0.00
Helping Hands Group	654010	0.00	140.00	Wake-Up Group		0.00	0.00
Higher Power Sunday	679339	100.00	300.00	Warriors		160.00	290.00
Just For Today	168564	0.00	80.00	Watch your Steps	645676	0.00	125.00
Keep It Simple— Okeechobee	643906	0.00	0.00	We Stopped in Time	669606	0.00	105.00
KISS	127410	250.00	750.00	Westside Group Ft Pierce	125608	0.00	50.00
Lakewood Park	177727	40.00	320.00	Wolff Road Group Okeechobee	703404	0.00	50.00
Last Call	151221	0.00	0.00	Women Stepping Up	157843	50.00	150.00
Late Risers	681809	0.00	450.00	Women's New Beginnings	611306	0.00	0.00
Lunch Box Ft. Pierce		0.00	0.00				
<b>TOTAL AA GP Contributions</b>				<b>1683.00 10326.94</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."**

## 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

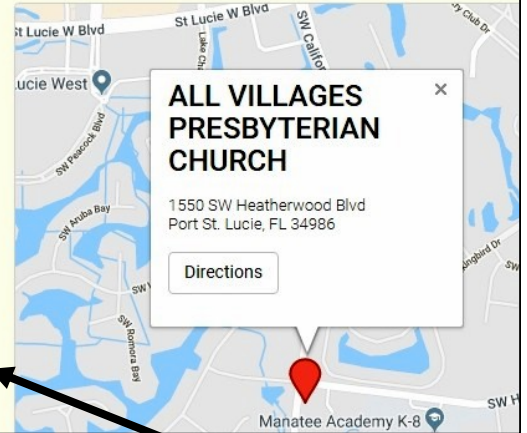
Monday, 7:30 pm

### ALL VILLAGES PRESBYTERIAN CHURCH

2 other meetings at this location

1550 SW Heatherwood Blvd  
Port St. Lucie, FL 34986

Updated April 10, 2018



GET A SCHEDULE,  
MAP AND  
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 Indrio Rd	Fort Pierce		

Subscribe to In Gratitude newsletter at: [www.aastlucieintergroup.com](http://www.aastlucieintergroup.com)

## St Lucie Intergroup

*AA Meetings, Literature and AA Links for St Lucie County*



[Home](#) [Links to AA Sites](#)

[Home](#)

### Welcome to St Lucie Intergroup

883 E. Prima Vista Blvd, Port St Lucie, FL 34952

(LOCATED IN THE PORT ST LUCIE PLAZA)

Office Hours: Monday-Friday 9:00am-5:00pm

24 Hour Hotline (772) 873-9299

Email us at [stlucieintergroup@att.net](mailto:stlucieintergroup@att.net)

Intergroup Meetings are held on the 3rd Thursday of each Month at the E. Prima Vista Office  
@7:00PM

### Pages

- [Links to AA Sites](#)
- [Welcome to St Lucie Intergroup](#)

### Subscribe to our newsletter

Email Address (Required)

First Name

Last Name

# *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 Ninth 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*