

# District 6 Treatment Committee 5th Annual Breakfast for Dinner

**SATURDAY, SEPTEMBER 29, 2018 – DOORS OPEN AT 5:30 PM**

**ST ANDREW LUTHERAN CHURCH**

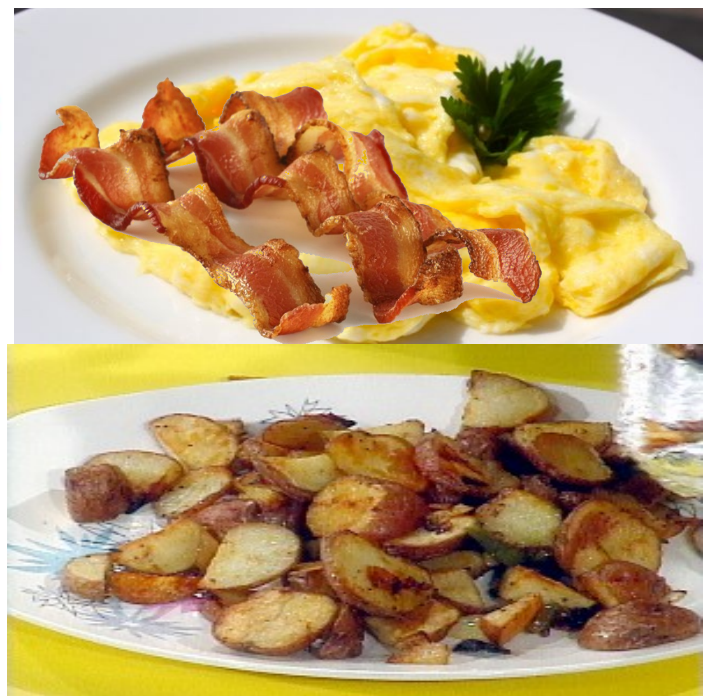
**295 SW PRIMA VISTA BLVD, PORT ST LUCIE, FL 34985**

**\$15.00 CONTRIBUTION IN ADVANCE OR AT DOOR**

**(GET YOUR TICKETS AHEAD OF TIME!)**

**DINNER WILL BE FOLLOWED BY TWO SPEAKERS**

**PROCEEDS WILL BE USED TO PROVIDE BIG BOOKS & OTHER CONFERENCE APPROVED LITERATURE FOR DETOX AND TREATMENT FACILITIES IN DISTRICT 6. PLEASE HELP US CARRY THE MESSAGE TO THE ALCOHOLIC WHO IS STILL SUFFERING.**



**Your Favorite Breakfast Foods & Refreshments Will Be Served!**

**Pastries & Desserts welcome.**

**For Additional information and/or Service opportunities, call or text 561-289-9817 or 330-524-3449**



## Step Nine

Made direct amends to such people wherever possible except when to do so would injure them or others.



## 'Akron Manual' is Guide to Reinforcement of Sobriety through Other Literature

*Submitted by Bob S.*

One of the greatest tools we have for spiritual growth is the wealth of reading material available to us. In Appendix II of the Big Book, "Spiritual Experience", (page 567 in the Fourth Edition), it is stated that for most people, spiritual experience comes in the form of education; and education requires study.

But what do we study? Alcoholics Anonymous provides members with the individual charter for freedom to define a personal identification with God and spirituality. Seek and you will find is a well known adage that emphasizes this simple spiritual truth- but, you MUST seek.

Our Founders laid the groundwork, and many of the core ideas that AAs adopted were ideas that were covered in depth by many different

books and materials. "The Akron Manual" was one of the earliest, and possibly the first pamphlet printed that assisted newcomers and provided direction. Printed shortly after the Big Book was released, sometime between late 1939 and 1941, (the actual date is unknown), it offered guidance to both sponsor's and newcomers. It was written by the group of sober alcoholics led by Dr. Bob in Akron, Ohio, and held tightly to many of the spiritual principles of the Oxford Group.

One of the Oxford Groups prime directives was for each member to seek "Guidance" each morning in

what they called "Quiet Time" or "God's Hour." During that period, they suggested that time be spent in reading and meditating. Dr. Bob was well known as a voracious reader and his personal library was extensive, as verified when his daughter, Sue Smith-Windows provided access to her fathers archives shortly after his death. Among the books recommended by Dr. Bob, The Akron Manual, and The Oxford Group were:

- Alcoholics Anonymous (Works Publishing Company)
- The Holy Bible
- For Sinners Only, A.J. Russell
- Soul Surgery, H.A. Walter
- The Runners Bible, Nora Holm

***Download the Akron Manual at this web address:***

<https://www.scribd.com/document/53592865/Akron-a-Manual-for-AA-1940>

*(Continued on page 7)*

**Have 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)

# 'Akron Manual' is Guide to Reinforcement of Sobriety through Additional Literature

(Continued from page 1)

- My Utmost For His Highest, Oswald Chambers
- When Man Listens, Cecil Rose
- Victorious Living, E. Stanley Jones
- Twice Born Men and Life Changers, Harold Begbie
- As A Man Thinketh, James Allen
- The Sermon on the Mount, Emmet Fox
- The Sermon on the Mount, Oswald Chambers

- The Varieties of Religious Experience, William James
- Life Began Yesterday, Stephen Foot
- The Greatest Things in the World, Henry Drummond
- The Upper Room

The writings of Reverend Sam Shoemaker, a good friend of Alcoholics Anonymous, were also highly recommended and emphasized the importance of finding God now.

These books, which helped define Alcoholics Anonymous, remain timeless. They provided our earliest members with the inspiration to define their own spirituality, and to find contented sobriety. These books, which were all

endorsed by our earliest members certainly helped newcomers see to it that their relationship with Him was right and to embrace the "Fellowship of the Spirit".

Note: AA in Akron, Ohio in 1940 was obtaining a 75-percent success rate in teaching alcoholics to get and to stay sober. The techniques, strategies, and principles set out in The Akron Manual must be taken very seriously. The disease of alcoholism has not changed since 1940. Perhaps modern AA would do well to remember the past, as our success rate today does not seem to be nearly as high.

With love in sobriety, Bob S.

## 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.

## ***This Works for Him!!!***

A long-timer in sobriety is approached after an AA meeting by a guy fresh from the ravages of alcoholism, who asks him, 'How did you manage to stay sober for so many years?' The man ponders the question, then his face brightens as he replies, "I never drink and I never argue with anyone."

"That's impossible," barks the newcomer. 'Why that is the stupidest, most simplistic, nonsensical thing I've heard!'

After a long silence, the man smiles gently at the newcomer and says in a calm, even voice: "You may be right."

# 2018 Group Contributions thru July 31

GROUP	Group #	JULY	YTD	GROUP	Group #	JULY	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	0.00	200.00
Back To Basics	617295	0.00	261.00	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	84.00	84.00	Okeechobee Night Group	103633	300.00	460.00
Better By The Beach	688860	122.20	530.90	Okeechobee Noon Group	147217	30.00	210.00
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	20.00	160.00
Eye Opener	169889	50.00	600.00	PSL Sat. AM Men's Group	606637	0.00	600.00
First Things First	697413	148.50	706.50	Reach Out Group	714201	25.00	75.00
Friday Night Men's	604208	0.00	97.00	Sisters of Sobriety	700856	0.00	0.00
Friendship Group	103470	0.00	191.50	Step Into Action	696779	0.00	120.00
From Darkness To Light		0.00	0.00	Step Sisters	683996	139.00	139.00
Gays In Recovery	655112	150.00	200.00	Sun Rise 11th Step		0.00	0.00
Good Guys North	678914	0.00	25.00	Talking Feathers		8.00	40.00
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	58.00	683.00	Tough Love Group	721766	0.00	0.00
Heard it thru the Grapevine GP	662713	0.00	80.00	Two Alternatives		.00	0.00
Helping Hands Group	654010	90.00	140.00	Wake-Up Group		0.00	0.00
Higher Power Sunday	679339	0.00	200.00	Warriors		0.00	130.00
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	0.00	500.00	Westside Group Ft Pierce	125608	0.00	50.00
Lakewood Park	177727	40.00	280.00	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				
TOTAL AA GP Contributions						1281.70	8743.90

**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

GET A SCHEDULE,  
MAP AND  
DIRECTIONS!!!

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

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.

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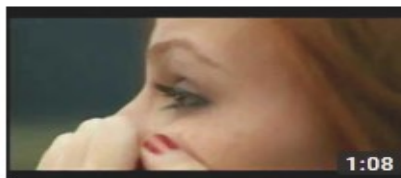
AA Public Service Announcements - English [PLAY ALL](#)

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 Ninth Step ...*

## The Ninth Step ...

Made direct amends to such people wherever possible  
except when to do so would injure them or others.

## The Ninth Step Principle ...

The principle behind the Ninth Step is *Freedom*.

## The Ninth Tradition ...

AA, as such, ought never be organized, but we may create service  
boards or committees directly responsible to those they serve.

## My Ninth Tradition Checklist ...

1. Do I still try to boss things at AA?
2. Do I resist the formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all the elements of the AA program — even if no one makes me do so — with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and by-laws?
7. Have I learned to step out of an AA job gracefully — and profit thereby — when the time comes?
8. What has rotation to do with anonymity? With humility?

## *On the Ninth Step ...*

### *A Ninth-Step Prayer*

**God, give me** the strength and direction to do the right thing no matter what the consequences may be. **Help me** to consider others and not harm them in any way. **Help me** to consult with others before I take any actions that would cause me to be sorry. **Help me** to not repeat such behaviors. **Show me** the way of Patience, Tolerance, Kindliness, and Love and **help me** live the spiritual life. AMEN

## **Fifteen Ways to Be MISERABLE**

- |   |   |
|---|---|
| 1. Wait for others to make you happy.                         | you.  |
| 2. Blame everyone else for your unhappiness.                  | 9. Consider your own wants unimportant.     |
| 3. Use “if only” whenever you can re: Time, Friends or Money. | 10. If anyone compliments you, discount it. |
| 4. Compare what you have with what others have.               | 11. If anyone says anything, exaggerate it. |
| 5. Always be serious.   | 12. Always stay calm and cool.              |
| 6. Take responsibility for everything all the time.           | 13. Resist change to the death.             |
| 7. Try to please everybody all the time (never say “no”).     | 14. Strive for absolute perfection.         |
| 8. Help other but don’t let anyone help                       | 15. Always live in the past or the future.  |