

# ST. LUCIE INTERGROUP ANNUAL



*GIANT  
RAFFLE!!!*

*RAIN OR  
SHINE!!!!*



## 2019

# B.B.Q.

**Saturday, May 18, 2019**

**11 am-2 pm**

**Food served at NOON**

**LYNGATE PARK BALL-  
FIELD PAVILLION**

**PORT ST. LUCIE**

**TICKETS \$12 AT THE  
GATE**

**OR INTERGROUP OFFICE  
(772) 873-9299 FOR INFO**



*You're invited  
To a Saturday  
Of Fun, Food  
And Fellowship!*





## Step Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.



### *David's Story*

## We Buried Him Today

We buried him today. The County Coroner had published the required notices for next of kin and nobody had claimed the body. It was just myself and his sponsor, not even a preacher, the county doesn't pay for those.

Not much of a send-off, and not the one David had asked for. A cheap coffin, a backhoe dug the hole, and that was it - another old AA gone.

He had been sober for over 20 years, and in AA for over 30. A stern and rigid man, he tried to soften his edges but never could.

He was a loner, living on the fringes, an isolated man at the edge of life's good things. He hung in there... and in the end hung himself. I don't know why; I can't know.

I know there had been a diagnosis of senile dementia, and I know that the doctor had added cancer to the list. But I've seen AAs deal with such things before...I don't know why David decided he couldn't.

It isn't the first time I've been through this in Alcoholics Anonymous. I've known several over the years who just up and walked out life's door one day. Sober, but not happy. Sober, but not at peace. Sober, but they died of alcoholism. Our disease doesn't need us to drink in order to kill us. I wish more folks knew that ... and appreciated it.

Alcoholism is the only disease that is entirely capable of fighting back, of taking care of itself, and of emerging in new places and in new forms when it isn't properly treated. That's the spiritual malady, the real issue we are dealing with.

Most people think that has something to do with prayer or with God. It doesn't. It has to do with our spirit - that force which animates, motivates and propels us.

As an alcoholic, my spirit is ill. It is flawed. My character, or basic nature, doesn't work right. At its root, it is a fundamental and unresolvable insecurity - a hole that can't ever be filled.

It is an instinct run rampant, a desperate need for acceptance and love that cannot be met. It hurts. It fills me with fear. The selfishness and self-centeredness of the alcoholic lies here - we are totally preoccupied with what is going on with ourselves on the inside.

The slings and arrows of experience warped by this need, drive us to the edge of life, and the voices of the committee in our head keep us there.

We are obsessed with ourselves, and from this condition of mind.... the insanity of feelings gone haywire, we become desperate for relief. We discover alcohol or something else... and the stuff quiets the voices, provides the relief we've never

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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

The next district meeting on  
May 14t will be in the  
registration building on the  
campus, upstairs in room  
W243.

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)

*Corrections Committee..... the 1st Saturday of month 10:30 a.m.*

*..... 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 Shawn M.:  
[mickeyd729@yahoo.com](mailto:mickeyd729@yahoo.com)  
1-561-801-9093

**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)**

# We Buried Him Today — David's Story

*(Continued from page 1)*

been able to find in any other way. It isn't any wonder we drink or drug the way we do.

And some of us don't develop an addiction ... in attempting to meet these crying demands, our spirit becomes sicker. We develop distorted beliefs, maladaptive behaviors, and eventually suffer in a hundred different ways.

God broke David's obsession to drink. But I don't think David ever truly understood his disease. I say that because I watched him struggle with those old unresolved issues of his heart for years. His rigidity, coldness, aloofness, isolation and

difficulty with other people were a reflection of the pain in his heart ... of the disease of alcoholism, eating away at him from deep inside, still active, still in control, long after the alcohol had been removed.

Alcoholism didn't need David to drink in order to continue trying to kill him and, in the end, it succeeded. In the end, instead of self-abandonment David abandoned hope ... and discovered a bitter end. But make no mistake: David died from untreated alcoholism.

Our recovery from alcoholism through the Steps must be a three-fold process. It is not one dimensional. When we in AA say that we have a circle and triangle... Recovery, Unity, Service ... we mean it.

In working the Steps, I clear a pathway for two purposes;

First, to come into a group of human people and away from the fringe of society where I have spent most of my emotional life.

Secondly, to discover "belonging" through service to God and to the people within that group. It is only this entire, threefold process that heals. It is especially true for those of us who suffer from the spiritual malady to a great degree.

Perhaps the 12th Step says it best: "Having had a spiritual awakening as the result of these Steps (recovery), we tried to carry this message to other alcoholics (service) and practice these principles in all our affairs (unity)."

You see... I cannot hold back. I must not continue to suffer that shyness, aloneness, that overwhelming sense of self in my affairs.

I must get involved in a group of people to practice these principles in all my affairs.

Only the total approach is healing. Anything less is little more than driving my disease deeper into the shadows, and, if I do that, it will continue to eat away, trying to destroy me.

It destroyed David. This is a memorial to an old AA who gave his best shot, and I think David ended up on the plus side. It

wasn't his fault; he seemed to have been born that way.

*David's Story has been shared within AA for a while. Our Contributor adds :*

There were a lot of old ideas about self that David could never muster the willingness to let go of. He is at rest now.

But our literature says that "no matter how far down the scale we have gone, we will see how our experience can benefit others." David cannot speak of his experience any longer; I am speaking in his memory. And I think that, if David could talk to us today, he'd say "Understand your disease thoroughly, and work the complete program of recovery!"

## TWO PERSPECTIVES - WHICH ONE ARE YOU?

Don D. went to an AA meeting one evening. He frowned when a member mispronounced a few words while reading "How It Works." He was appalled when another member stood up and said he was an alcoholic and an addict, he rolled his eyes, and grunted under his breath, loud enough for others to hear him. Another person talked too long. As he slipped out the door immediately after the meeting, Don D. muttered, "That was terrible. I should have stayed home."

Bob M. went to an AA meeting one evening. He was grateful as he made rounds, shaking hands and hugging both new and old members. His head was bowed as he listened prayerfully to the "Preamble" and "How It Works." His eyes moistened as he listened intently to a member tell his story. He felt blessed for being able to attend this meeting. After cleanup and a little socializing, he paused, and as he headed toward his car, his thoughts were, "Thank God for the privilege to be a member of the blessed fellowship of Alcoholics Anonymous."

Both AA members were at same meeting. Each found what he was looking for.

God bless you as you trudge the road of Happy Destiny!

*Submitted 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 1784  
Pompano Beach Fl 33061

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



# 2019 Group Contributions thru March 31

GROUP	Group #	March	YTD	GROUP	Group #	March	YTD
11th Step Candlelight PSL		0.00	0.00	Lunch Bunch PSL	169623	0.00	0.00
2 Alternative Bayshore		0.00	0.00	Men's Sobriety Group	172529	0.00	100.00
A Desire To Stop GP		0.00	25.00	Midday Matinee	172992	0.00	0.00
AA Promises GP	671816	0.00	0.00	New Hope Group	163611	0.00	0.00
Alternate MC Beginners AA GP	645696	0.00	0.00	New Windmill Point	148626	0.00	0.00
Back To Basics	617295	0.00	137.00	Okeechobee Discussion		0.00	0.00
Bayside GP	134955	0.00	0.00	Okeechobee Night Group	103633	0.00	0.00
Begin Where You Are	666125	0.00	0.00	Okeechobee Noon Group	147217	30.00	60.00
Better By The Beach	688860	0.00	169.20	Okeechobee Sobriety Group	643907	0.00	0.00
Better Understanding	670079	0.00	0.00	Okeechobee Women's Group		0.00	0.00
Bleeding Deacons	710958	0.00	0.00	Primary Purpose Welcome Home	141056	0.00	0.00
Easy Does It	149241	0.00	0.00	Primary Purpose Bayshore	679364	0.00	0.00
Emotional Sobriety Group		0.00	0.00	PSL AA Tues. Nite Group	103698	0.00	0.00
Ensolielle (French, seasonal)	681471	0.00	0.00	PSL Sat. AM Men's Group	606637	0.00	300.00
Eye Opener	169889	25.00	100.00	Reach Out Group	714201	50.00	80.00
First Things First	697413	0.00	146.00	Sisters of Sobriety	700856	0.00	15.85
Friday Night Men's	604208	0.00	0.00	Step Into Action	696779	0.00	70.00
Friendship Group	103470	0.00	25.00	Step Sisters	683996	0.00	40.00
From Darkness To Light		0.00	0.00	Talking Feathers		0.00	25.00
Gays In Recovery	655112	0.00	0.00	The Devine Appointment		0.00	0.00
Good Guys North	678914	0.00	0.00	There Is a Solution		0.00	0.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Tough Love Group	721766	2.00	49.00
Grupo Serendad PSL (Spanish)		0.00	0.00	Two Alternatives		0.00	0.00
Happy Hour Living Sober	653464	0.00	150.00	Wake-Up Group Okeechobee		0.00	0.00
Heard It Thru the Grapevine	662713	0.00	0.00	Warriors		0.00	0.00
Helping Hands Group	654010	0.00	50.00	Watch your Steps	645676	0.00	50.00
Higher Power Sunday	679339	0.00	0.00	We Stopped in Time	669606	0.00	0.00
Just For Today	168564	0.00	0.00	Westside Group Ft Pierce	125608	0.00	100.00
Keep It Simple— Okeechobee	643906	0.00	0.00	Wolff Road Group Okeechobee	703404	0.00	0.00
KISS	127410	0.00	0.00	Women Stepping Up	157843	0.00	50.00
Lakewood Park	177727	40.00	40.00	Women's New Beginnings	611306	0.00	0.00
Last Call	151221	0.00	0.00				
Late Risers	681809	0.00	300.00				
Lunch Box Ft. Pierce		0.00	0.00				
				<b>TOTAL AA GP Contributions</b>		<b>447.00</b>	<b>2422.05</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."**



## 63rd Florida State Convention 2019

Wednesday, July 31st-Sunday, August 4th

[63.FloridaStateConvention.com](http://63.FloridaStateConvention.com)

Trump National Doral Miami

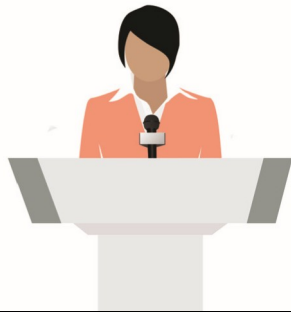
Doral, Florida

## PROGRAM & ACTIVITIES



AA, Al-Anon, & Alateen meetings & workshops · Open captions & ASL interpreting · LGBTQ, Spanish speaking, & Young People's meetings & workshops · Marathon meetings & Oldtimers meeting · Friday & Saturday night banquets & ice cream socials · First ever Sunday morning spiritual breakfast · Exclusive convention merchandise · Sports activities including Golf, 5K Walk/Run, & Volleyball · Daily meditation, yoga & fitness classes · Entertainment activities including dances, movie room, & live comedy · Grapevine & Archives displays · Photo ops with our Co-Founders Bill & Dr. Bob and more!

## GUEST SPEAKERS



**Angie B. (Al-Anon)**  
Destin, FL  
**Chip B.**  
Destin, FL  
**Hilda F.**  
Los Angeles, CA  
**Ivan M.**  
Kampala, Uganda

**Jennifer D.**  
Wilmington, NC  
**Mike F.**  
Prescott, AZ  
**Quay H.**  
Sarasota, FL  
**Roger W.**  
Vine Grove, KY

**Theresa Kelley B.**  
St. Petersburg, FL  
**Tom M.**  
Dallas, TX  
**Vince B.**  
Renton, WA  
**Yisreal C.**  
Jerusalem, Israel

## HOTEL INFORMATION

Convention Code: 63rd Florida State Convention  
Website: [63.FloridaStateConvention.com/pages/hotel](http://63.FloridaStateConvention.com/pages/hotel)  
Phone reservations accepted after August 15th, 2018

**Trump National Doral Miami**  
4400 NW 87th Ave, Doral, FL 33178  
(305) 592-2000

### RATES :

Standard King/Double \$139.00

Suite \$235.00

Rates will be honored 3 days before and 3 days after the convention dates, based on availability. Rooms must be booked by July 15th, 2019 to honor group rate.

All rooms are subject to state and local taxes.

**THIS HOTEL IS NON-SMOKING.**

Check-in 4 P.M. – Check-out 11 A.M.

Onsite Parking Rates: Parking is included for hotel guests.

\$10/day for non-overnight guests

\$34/day Valet Parking



# *On the Fifth Step ...*

## The Fifth Step ...

Admitted to God, to ourselves, and to another human  
being the exact nature of our wrongs.

## The Fifth Step Principle ...

The principle behind the Fifth Step is Integrity.

## A Fifth Step Prayer ...

*God, I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last.*

# ***On the Fifth Step ...***

## **The Fifth Tradition ...**

**Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.**

## **My Fifth Tradition Checklist ...**

- 1. Do I ever cop out by saying, “I’m not a group, so this or that Tradition doesn’t apply to me”?**
- 2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?**
- 3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?**
- 4. Am I willing to twelfth-step the next newcomer without regard to whom or to what is in it for me?**
- 5. Do I help my group in every way I can to fulfill our primary purpose?**
- 6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?**