

Founders Day Luncheon Ice Cream Social &

******Annual Chili Cook-off******

Double Speaker Meeting – featuring 2 Speakers
with over 25 years who will share their experience
strength and hope



Tickets: \$10 per person

Ticket price includes coffee, hamburgers, hot
dogs, subs & other foods.

Please bring a dessert or side dish to share.

Bring your best batch of chili for the chili cook-
off and chance to win a prize. (Contest entries
are anonymous until winner is announced).



Saturday June 15th, 2019

12:00pm to 4:00 p.m.

Langford Park Recreation Center
2369 NE Dixie Hwy
Jensen Beach, Florida



Step Six

*Were entirely ready to have God remove all
these defects of character.*



Soon to be *Catapulted* into the *FOURTH DIMENSION!*

I N G R A T I T U D E

*Our Regular Contributor
recounts his journey to his
Spiritual Experience*

Twice the Big Book speaks about a mysterious "fourth dimension of existence" first in Bill's Story where Bill describes his dramatic, spiritual experience in Towns Hospital: "I was soon to be catapulted into what I like to call the fourth dimension of existence."

Then, a few chapters later, the Big Book authors tell us that entering this new dimension always comes with a price: "Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed."

The Big Book is written to low bottom drunks, not to metaphysical giants or academic scholars. So the higher meanings are

easy to miss but they are certainly there. Our message is: This is what we did to recover. If you want to recover, do what we did.

What we did, and what you do, in the physical world causes things to happen in the spiritual realm (the fourth dimension). At some point by following our simple suggestions you will awake to what happens in the spiritual realm: you will have a Spiritual Awakening.

To the newcomer who can't yet understand anything that is happening at meetings, know that there is a lot happening in the fourth dimension that you are very much a part of but can't yet see.

For the religious person accustomed to being told what he/she should/should not do and to being judged for doing/not doing, know that there is no judgment in the fourth dimension and that we are human beings not "human doings." It isn't religion that we don't want in AA, it is the judgment that we don't want because we don't need it.

Bill Wilson describes the shift in consciousness which occurred during his sudden spiritual awakening at Townes Hospital (and, indeed, the spiritual awakening of other early A.A.'s) in many different ways. Among my favorites is his description of it on page 8 of Alcoholics Anonymous as "a fourth di-

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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

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

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
June 11 will be in the
Registration Building on the
campus, upstairs in room
W243.

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)**

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

D.C.Ms the 2nd Saturday of month, 10:30 a.m.

Current Practices the 2nd Saturday of month, 11 a.m.-1 p.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
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**

Soon to be *Catapulted* into the *FOURTH DIMENSION!*

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mension of existence." A fourth dimension of existence, in my experience, which has as its essence a timeless, division-less state of consciousness which unites the individual with all that is ... or with God, as I understand that concept.

In the Spiritual Experience appendix in the Second Edition of the Big Book of Alcoholics Anonymous, we read: "With few exceptions our members find that they have tapped an unsuspected inner resource they presently identify with their own conception of a Power greater than themselves. Most of us think this awareness of a Power greater than ourselves is the

essence of spiritual experience. Our more religious members call it God-consciousness." William James (1842-1910)

Such expanded - and expansive - consciousness is for most a temporary state, fleeting or fading in time. Yet mystics of all ages and traditions have attested to its reality and, as outlined in William James' book *The Varieties of Religious Experience*, we see it is available to all of us, alcoholic, addict and non-alcoholic alike.

Because of the symptoms of our alcoholic addiction, however -- i.e., progressive and fatal intoxication -- becoming able to access this vital "inner resource" is essential if we are not to die of our illness. It is the driving mechanism, recognized or not, which is at the top of the "entire psychic change" necessary to relieve our alcoholism.

Much work has to be done to clear the wreckage in preparation for such an experience. There's little else that you need to know about spiritual awakening; it is now a question of living.

And if you don't want to live it, that's fine. It means you have to suffer a bit more until you are ready to say, "Okay, I've done enough madness, I've suffered enough. I'm ready for the shift. I'm ready to say ... this moment is all there ever is."

That we always live in the present moment with access to a Power greater than the ego-centric self is an ageless truth, as equally recognized in our slogans "One Day At A Time" and "Let Go and Let God" as it is in the timeless meditations of the great Roman Emperor Marcus Aurelius, who observed, "All we ever have to live or lose is this ever-passing present moment."

Again, on page 25 of the Big Book, the author writes: "We were approached by those in whom the problem had been solved; there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed."

Because of my own journey in recovery, I had read these words dozens if not hundreds of times. At some

point, they took on new meaning. What does this now mean to me?

I am aware of the importance of spirituality, in the transformation of my life.

I was rocketed into this fourth dimension of existence, the spiritual, when the dimensions of my physical, mental, and emotional states (the three dimensions within which we humans live, experience and struggle) came into harmony and balance with each other, at the moment of my total surrender and my complete abandonment to God.

My physical, mental and emotional states in harmony; I was at a level of peace. I did consciously surrender to the belief that "God is everything", because if that weren't so then He was nothing; He had no meaning or purpose in my life.

I became aware that a quantum shift had occurred within myself and, I now understand, in that moment I was rocketed into a fourth (spiritual) dimension which I never considered. Now, through maintaining daily conscious contact with that power greater than myself, God, (and I consciously work at making that contact) I continue to live in it.

This, for me, was a huge transformation.

Today I can live in a place where I know I am not the center and can reach within for a source of power and peace that I always had denied and suppressed and intellectually fought against for many years. From this source, particularly where I make a conscious effort, I receive the ability to live in peace and harmony within me, knowing that I have the ability to live with both the good times and bad times that life continuously presents to me. I can make good choices.

As crazy as it seems, I now can appreciate that when three dimensions, through hard work and the help of God, came into harmony, I was able to surrender my need for control to God, and entered into a 4th dimension of existence. I exist today in a place where my spiritual wellbeing and conscious contact must come first; and a wonderful place it is.

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 April 30

GROUP	Group #	April	YTD	GROUP	Group #	April	YTD
11th Step Candlelight PSL		0.00	0.00	Lunch Bunch PSL	169623	270.00	270.00
2 Alternative Bayshore		0.00	0.00	Men's Sobriety Group	172529	100.00	200.00
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	90.00
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	50.00	50.00	PSL Sat. AM Men's Group	606637	0.00	300.00
Eye Opener	169889	25.00	125.00	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	80.50	105.50	Step Sisters	683996	0.00	40.00
From Darkness To Light		0.00	0.00	Talking Feathers		40.00	65.00
Gays In Recovery	655112	25.00	25.00	The Devine Appointment		0.00	0.00
Good Guys North	678914	25.00	25.00	There Is a Solution		0.00	0.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Tough Love Group	721766	10.00	59.00
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		1.00	1.00
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	300.00	300.00	Women Stepping Up	157843	50.00	100.00
Lakewood Park	177727	80.00	160.00	Women's New Beginnings	611306	0.00	0.00
Last Call	151221	0.00	0.00	Step Study Group		40.00	75.00
Late Risers	681809	0.00	300.00				
Lunch Box Ft. Pierce		0.00	0.00				
				TOTAL AA GP Contributions		861.50	3451.55

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

Trump National Doral Miami

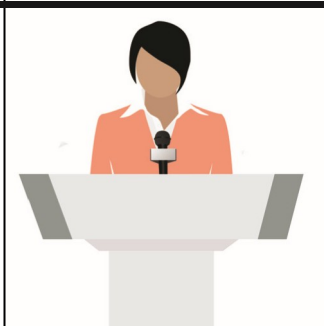
Doral, Florida

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

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 Sixth Step ...

The Sixth Step ...

Were entirely ready to have God remove
all these defects of character.

The Sixth Step Principle ...

The principle behind the 6th Step is *WILLINGNESS*.

The Sixth Tradition ...

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

My Sixth Tradition Checklist ...

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with “Guidelines on Clubs”, which is available free from GSO?
4. Should the secretary of our group serve on the mayor’s advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and a card room. If this is what is required to carry the message to them, should we have these facilities?

On the Sixth Step ...

A Sixth Step Prayer ...

GOD HELP ME BECOME
WILLING TO LET GO OF ALL
THE THINGS TO WHICH I
STILL CLING. HELP ME TO BE
READY TO LET YOU RE-
MOVE ALL OF THESE DE-
FECTS, THAT YOUR WILL
AND PURPOSE MAY TAKE
THEIR PLACE. AMEN

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