

# **DISTRICT 6**

# **OKEECHOBEE FISH FRY**

**Saturday**  
**August 24**  
**2019**

**11 AM—3 PM**  
**Ticket Contribution \$15**

**Great Food**  
**Meeting**  
**Fellowship**  
**Raffle**



**Alton Chandler Civic Center**  
**20350 Hwy 98 North**  
**Okeechobee, FL 34974**

*Please bring a covered dish or des-  
sert to share*



## Step Seven

*Humbly asked Him to remove  
our shortcomings*



JULY 2019

*An Intimate Time of Personal Reflection*

# Coffee with God

*On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives. (Alcoholics Anonymous, pg.86).*

This is a concept originally practiced by the Oxford Group as *Quiet Time*, a time for seeking guidance that was a mandatory practice for *OG* members.

I refer to it as an opportunity to be alone with God and have coffee with Him. It is intimate and personal, a time of focused communication with God, it is time spent with a friend, and it is one of several Step Eleven suggestions (beginning on page 85) found in our *Big Book*. It is not a requirement or mandatory, it is merely a suggestion that works ... if we have the right attitude.

But, like everything else in our literature, I have found that the way to achieve the promised results is to follow the suggestions, to do what our founders did, to remember that half measures avail me nothing.

This is a practice designed for quality time with God. It is not hurried. It is not done out of obligation, or a mere habit. It is a privilege and it establishes my connection with God for the next 24 hours and it improves with practice.

Practicing conscious contact with God and improving it as we go along certainly does a good deal more than eliminate the booze problem. To leave it out of one's daily life is to miss the very purpose of living.

Step Eleven states that through Prayer and Meditation we are to establish *Conscious Contact* with God. But what exactly is "conscious contact with God?" How do you explain it?

It can be explained about as well as I can explain it.  
(Continued on page 7)

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, 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](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.

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

..... the 3rd Saturday of month, 10:30 a.m.

*PI/CPC*..... 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)**

# Coffee with God

(Continued from page 1)

plain the taste of chocolate. No possible explanation will do chocolate justice, it must be sampled and, once sampled, no explanations are necessary: you will know. What I can do is tell you how good chocolate is and how to find some, then it is up to you. It is the same with *Conscious Contact*. And it requires practice, discipline and commitment.

I used to think that if I did this, if I

prayed and meditated, I would earn favor with God, that it would change the way God thought of me, that it was a shortcut to happiness. But what it *has* done is change the way I think of God.

I do this now because it is a pleasure, it is my duty and it is as natural as taking a breath of air. I am no longer making decisions but moving through each new moment effortlessly without deciding. There is no need to become involved in decision making because each new option before me becomes clear. It is a confident lifestyle, intuitive. When combined with a yearning and willingness to contact God, this simple consciousness, is something altogether different than the way I was before.

I believe it to be the essence of *Psychic Change*, and it has provided a new outlook on life.

The idea of establishing a personal relationship with a Supreme Being for the purposes of receiving guidance and direction is a widely held spiritual objective, shared by many religions, cultures, and philosophies, including the co-authors of *Alcoholics Anonymous*.

Once awakened and free of the obses-

sion to drink, three ideas designed to maintain that conscious state become relevant and are suggested in our literature:

- Continue to enlarge the spiritual life.
- Improve conscious contact with God.
- Grow along spiritual lines.

With these, my life stays on track, I stay on the *AA Beam* and I enjoy life completely free of the obsession to drink alcohol.

Being awake spiritually implies an ongoing state, a condition to be maintained. And, like coffee helps me stay awake in the physical realm, having coffee with God each morning helps me stay awake spiritually.

When I do this, there is a wonderful, personal peace of mind, a peace that passes all understanding, providing security, stability and happiness that defines my human experience.

I wish there was a way to adequately convey the ease of living and joy that comes to me, but I cannot. Like chocolate, like God consciousness, like being awake spiritually, these must be experienced for yourself.

*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

*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.*

# 2019 Group Contributions thru May31

GROUP	Group #	May	YTD	GROUP	Group #	May	YTD
11th Step Candlelight PSL		0.00	0.00	Lunch Bunch PSL	169623	270.00	270.00
A Desire To Stop GP		0.00	25.00	Men's Sobriety Group Sun.AM	172529	0.00	200.00
Alternate MC Beginners AA GP	645696	0.00	0.00	Midday Matinee	172992	0.00	0.00
Back To Basics	617295	0.00	137.00	New Hope Group	163611	100.00	100.00
Bayside GP	134955	0.00	0.00	New Windmill Point	148626	0.00	0.00
Begin Where You Are	666125	300.00	300.00	Okeechobee Discussion		0.00	0.00
Better By The Beach	688860	72.00	241.20	Okeechobee Night Group	103633	0.00	0.00
Better Understanding	670079	0.00	0.00	Okeechobee Noon Group	147217	30.00	120.00
Bleeding Deacons	710958	0.00	0.00	Okeechobee Sobriety Group	643907	0.00	0.00
Easy Does It	149241	0.00	0.00	Okeechobee Women's Group		0.00	0.00
Emotional Sobriety Group		0.00	0.00	Primary Purpose Welcome Home	141056	0.00	0.00
Ensollielle (French, seasonal)	681471	0.00	50.00	Primary Purpose Bayshore	679364	0.00	0.00
Eye Opener	169889	25.00	1.05.00	PSL AA Tues. Nite Group	103698	0.00	20.00
First Things First	697413	87.00	233.00	PSL Sat. AM Men's Group	606637	0.00	300.00
Friday Night Men's	604208	100.00	100.00	Reach Out Group	714201	60.00	140.00
Friendship Group	103470	0.00	105.50	Sisters of Sobriety	700856	0.00	15.85
From Darkness To Light		0.00	0.00	Step Into Action	696779	0.00	70..00
Gays In Recovery	655112	25.00	25.00	Step Sisters	683996	0.00	40.00
Good Guys North	678914	25.00	25.00	Talking Feathers		0.00	65.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	There Is a Solution		0.00	0.00
Grupo Serendad PSL (Spanish)		0.00	0.00	Tough Love Group	721766	12.00	69.00
Happy Hour Living Sober	653464	125.00	275.00	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	250.00	250.00	We Stopped in Time	669606	0.00	0.00
Just For Today	168564	0.00	0.00	Westside Group Ft Pierce	125608	0.00	150.00
Keep It Simple— Okeechobee	643906	0.00	0.00	Wolff Road Group Okeechobee	703404	0.00	0.00
KISS	127410	0.00	300.00	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				
Late Risers	681809	0.00	300.00				
Lunch Box Ft. Pierce		0.00	0.00				
				<b>TOTAL AA GP Contributions</b>		<b>1145.00</b>	<b>3451.55</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

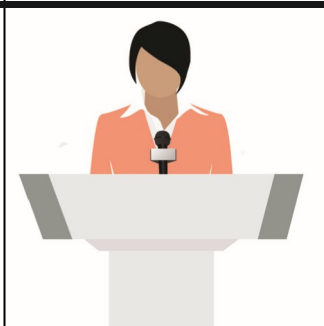
Doral, Florida

## 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 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 use-  
fulness 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")