

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
dessert to share*



Step Eight

*Made a list of all persons we had harmed
and become willing to make amends
to them all.*



We are granted a GIFT ...

"Maybe there are as many definitions of spiritual awakening as there are people who have had them. But certainly each genuine one has something in common with all the others. And these things which they have in common are not too hard to understand. When a man or a woman has a spiritual awakening, the most important meaning of it is that he has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been

transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself. He finds himself in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable. What he has received is a free gift, and yet usually, at least in some small part, he has made himself ready to receive it. A.A.'s manner of making ready to receive this gift lies in the practice of the Twelve Steps in our program." (Big Book pgs. 106-7).

"As we become conscious of His presence, we begin to lose our fear of today, tomorrow or the hereafter.

WE ARE REBORN" (Big Book pg.63).

... Entry into the World of the Spirit

This gift Bill Wilson is referring to, this new birth he promises us, by my understanding is entry into the World of the Spirit.

In the Tenth Step of the Big Book, Bill states, "We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an

overnight matter. It should continue for our lifetime." Then Bill lays out some pretty specific suggestions on how to do this. The remaining pages in the chapter Into Action are all about living in the world of the Spirit.

But why would I do this if, according to

(Continued on page 3)

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

ST. LUCIE INTERGROUP NEWSLETTER
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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

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.

..... 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 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

... Entry into the World of the Spirit

(Continued from page 3)

ing and continue to make conscious contact with God.

Step Twelve continues to say that we are to carry THIS message, and to practice these principles in all our affairs. A fundamental concept in AA is to help others enter the world of the Spirit.

That was what Ebby was doing when he met with Bill on that bleak November night in 1934, (see Bill's Story beginning on page 8). Ebby was practicing the Sixth Tenet of the Ox-

ford Group, which stated "That once changed, you must change others". This is one of the requirements if we are to remain Spiritually Awake and is so beautifully expressed in our own Step 12.

I continue in AA not because I don't want to drink. I don't drink because I continue in AA. I do it because I believe it is God's Will and it pleases Him. I do it because it helps others. I do it because it is my duty. I do it because it feels good.

Delivery from the chains of an alcoholic life is one result of the spiritual

way of life. Serenity, peace of mind, contentment, joy, love, patience, tolerance, humility and true brotherhood are a few of the other results I have found within this world of the Spirit. It really is a life beyond my wildest dreams.

(Note: Scott L and Bob D are some great guys who talk about this in some of their workshops which can be found on YouTube. I highly suggest giving it a listen, they're great!).

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

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.
208 subscribers

HOME VIDEOS PLAYLISTS CHANNELS ABOUT

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

2019 Group Contributions thru June 30

GROUP	Group #	JUNE	YTD	GROUP	Group #	JUNE	YTD
11th Step Candlelight PSL		0.00	0.00	Lunch Bunch PSL	169623	200.00	470.00
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	88.00	225.00	New Hope Group	163611	0.00	100.00
Bayside GP	134955	0.00	0.00	New Windmill Point	148626	0.00	0.00
Begin Where You Are	666125	0.00	300.00	Okeechobee Discussion		0.00	0.00
Better By The Beach	688860	.00	241.20	Okeechobee Night Group	103633	0.00	0.00
Better Understanding	670079	0.00	0.00	Okeechobee Noon Group	147217	30.00	150.00
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	175.00	PSL AA Tues. Nite Group	103698	0.00	20.00
First Things First	697413	.00	233.00	PSL Sat. AM Men's Group	606637	0.00	300.00
Friday Night Men's	604208	0.00	100.00	Reach Out Group	714201	50.00	130.00
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	0.00	25.00	Step Sisters	683996	0.00	40.00
Good Guys North	678914	0.00	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	60.00	131.00
Happy Hour Living Sober	653464	100.00	375.00	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	50.00	100.00
Higher Power Sunday	679339	0.00	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	100.00
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	240.00	Women's New Beginnings	611306	0.00	0.00
Last Call	151221	0.00	0.00				
Late Risers	681809	300.00	600.00				
Lunch Box Ft. Pierce		0.00	0.00				
TOTAL AA GP Contributions						943.00	5292.55

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."

We are granted a GIFT ...

THE WORLD OF THE SPIRIT in our Big Book and 12&12

SPIRIT	occurs 43 times	[22 in BB 21 in 12&12]
SPIRITUAL	occurs 186 times	[124 in BB ... 62 in 12&12]
SPIRITUALITY	occurs 7 times	[3 in BB 4 in 12&12]
SPIRITUALLY	occurs 9 times	[5 in BB 4 in 12&12]

(Continued from page 1)

the Tenth Step Promises on page 84, by this time I have ceased fighting anything or anyone—even alcohol? The problem has been removed, right?

Well, I have found that it is exactly that attitude - believing that the work is finished - that can lead me back to drinking, back to the old world.

By now, I have gained some understanding and am convinced that there are two worlds in which I co-exist, the Spiritual and the Natural. But my human nature, driven by fear and ego, (self), still exists in the natural world and has the tendency to over-indulge in alcohol. My best efforts to live in the natural world apart from God resulted in my desperate need for booze in order to cope. So I can choose to return to that world at any time.

It stands to reason then that I have a choice as to whether I remain in the Spiritual world. Those choices present themselves to me moment by moment, hour by hour, day by day.

That is why Conscious Contact with God is so vitally important: it is from that contact with God that the power to make the right choice comes. Lack of power: that is my dilemma.

Apart from God I will almost always make choices out of fear and ego. That is my human nature; the power to do anything else does not exist within me. I have found that it is not so much alcohol that is cunning, baffling and powerful as it is my own ego.

The Twelfth Step does not say “Having stopped drinking as a result of the steps,” it says, “Having had a spiritual awakening as the result of the steps.” Recovery isn’t about not drinking, it is about being spiritually awake, about liv-

ing in the Spiritual world and accessing the power of God. Remaining awake demands vigilance, awareness of the constant struggle between my Natural self and my Divine self, it is about walking in the light.

Bill is referring to this on pages 13 and 14 in his story:

“Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements.

Simple, but not easy: a price had to be paid. It meant the destruction of self-centeredness. I must turn in all things to the Father of Light who presides over us all.”

No matter how long I may live, or how well I may practice these principles, I will never rise above being human. The natural, self-centered man will always exist, dwelling in conflict with that which is spiritual. I will always live within these two worlds.

I must never forget this. That is what Step 10 is all about. The willingness to seek and do God's will through self-examination, awareness and eternal vigilance: that is the price I must pay to maintain the new order of things.

In Step 11 Bill tells us that, when self-examination, meditation and prayer are logically related and interwoven, the result is an unshakable spiritual foundation for life (12x12, pg. 98), fundamental to maintaining this new order of things.

There are also two different fellowships in AA: the fellowship of its members, and the Fellowship of the Spirit (see the Big Book page 164).

In AA, you're a member when you say you're a member. However, to be part of the Fellowship of the Spirit (and world of the spirit), you must have had a spiritual awaken-

(Continued on page 2)

On the Eighth Step ...

The Eighth Step ...

Made a list of all persons we had harmed and become willing to make amends to them all.

The Eighth Step Principle ...

The principle behind the 8th step is *Forgiveness*.

The Eighth Tradition ...

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

My Eighth Tradition Checklist ...

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward — even if not money — for my personal AA efforts?
4. Do I try to sound like an AA expert on Alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly between them?
6. In my own AA like, have I any experiences to illustrate the wisdom of this Tradition?

*Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition — How It Developed*?*

On the Eighth Step ...

A Pre-Eighth Step Prayer:

“God, Please remove my Fears and show me your truth. Show me all the harms I have caused with my behavior and help me be willing to make amends to one and all. Help me to be willing to go to any lengths for victory over alcohol.”

(Big Book, Pg 76 Para 3)