

District 6 Treatment Committee 5th Annual Breakfast for Dinner

SATURDAY, SEPTEMBER 28, 2019 – 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 A SPEAKER

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!

Please Bring Pastries & Desserts to Share.

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



Step Nine

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



Don't short-change yourself By stopping at half measures

Most of us in AA are familiar with the line in the chapter, *How It Works*, that warns us half measures avail us nothing.

Does this mean that two-third measures, or three-quarter measures will produce satisfactory results? How can I be sure that my efforts are of sufficient measure? How can I be certain that I am not still deceiving myself? What is the full measure of sobriety?

Bill Wilson cautions us in his writings on Tradition Two in the Twelve and Twelve that "The good is the enemy of the best" (pg. 138). In working through the Twelve steps, there were several junctures, noticeable points of progress that had the potential to mislead me, get me to believe that I had reached my destination, that things were good enough.

After all, I had stopped drinking, didn't even miss it. I was reasonably happy most of the time. External circumstances had improved greatly and I had a renewed confidence, plus I had digested some large chunks of truth about myself and believed I now understood. Things were good, but were they the best I could expect?

Tradition Two states that "*For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*" As I look at this from a personal perspective: "For my life's purpose there is but one ultimate authority—a loving God as He may express Himself through conscious contact. I am but a trusted servant, I do not govern."

Is this principle holding true in my life? Does the principle expressed in Tradition Two, that God is the ultimate authority, now apply to all areas of my life or have I relegated God to a secondary position?

Dr. Harry Tiebout, a great early friend of Alcoholics Anonymous, in writing about alcoholics summed it up pretty well when he wrote, "*Characteristic of the so-called typical alcoholic is a narcissistic egocentric core, dominated by feelings of omnipotence, intent on maintaining at all costs its inner integrity... Inwardly the alcoholic brooks no control from man or God. He, the alcoholic, is and*

(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

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**



SOUTH FLORIDA AREA 15 GENERAL SERVICE ASSEMBLY “Our Common Journey”

Hosted by District 9 | Broward County, Florida | October 4-6, 2019
Registration Friday 4:00 PM - 8:30 PM, Saturday 8:00 AM - 8:30 PM, Sunday 7:00-9:00 AM

Friday, October 4th

8:30-9:30pm
10:00-11:00pm
10:00-11:00pm

Speaker Meeting***
Night Owl Meeting
Spanish Night Owl Meeting

Saturday, October 5th

7:00-8:00am
7:00-8:00am
8:00-9:00am
8:00-9:00am
8:30-10:50am
9:00-10:50am
9:00-10:50am
9:00-10:50am
9:00-10:50am
9:00-10:50am
9:00-10:50am
9:00-10:50am
9:00-10:50am
11:00-12:30pm
11:00-12:00pm
12:00-1:30pm

Early Bird Meeting
Spanish Early Bird Meeting
Concepts Workshop
Spanish Concepts Workshop
Treatment Facilities Committee
Remote Communities Committee
State Convention Committee
Archives Committee
Current Practices Committee
Grapevine/La Vina Committee*
Literature Committee
PI/CPC Committee
Accessibilities Committee**
Spanish Linguistic Committee
Traditions Workshop
Website Committee

Saturday, October 5th (continued)

12:30-1:30pm
12:30-1:30pm
12:30-1:30pm
1:00-1:50pm
1:30-3:50pm
2:00-3:50pm
2:00-3:50pm
2:00-3:50pm
2:00-3:50pm
2:00-3:50pm
4:00-5:00pm
5:00-6:00pm
7:00-8:30pm
8:30-9:30pm
10:00-11:00pm
10:00-11:00pm

District Chairpersons Meeting
District Treasurers Meeting
District Secretaries/Registrars Meeting
Spanish Traditions Workshop
Corrections Committee
Finance Committee
Intergroup/Central Office Meeting
GSR Sharing
DCM Sharing
Quarterly Coordinators Meeting
Service Manual Workshop
“What’s On Your Mind?”
Banquet
Speaker Meeting***
Night Owl Meeting
Spanish Night Owl Meeting

Sunday, October 6th

7:00-8:00am
7:00-8:00am
9:00am

Early Bird Meeting
Spanish Early Bird Meeting
Area 15 Business Meeting***

*Spanish Language Interpreter provided; ** ASL Interpreter Provided (if requested); ***ASL (if requested) & Spanish Language Interpreter Provided.
Arrangements for Accessibilities accommodations at any meeting, workshop, hotel room with wheelchair access or interpreter for the hearing impaired for the Sunday morning business meeting can be made by contacting the Area Accessibilities Chair at accessibilities@area15aa.org by 9/27/19.

SATURDAY NIGHT BANQUET

No. of Dijon Panko Crusted Salmon _____
No. of Char-grilled Chimichurri Steak _____
No. of Vegan (Veg Stack w/ Quinoa _____
Stuffed Pepper) _____

Total Tickets @ \$48 each _____
Total Amount Enclosed _____

Name _____
Address _____
City _____ State _____ Zip _____
Cell Phone _____
E-mail _____
District _____
Guests with Special Dietary Needs (state needs): _____

Payments due upon order receipt.

Make checks payable to: District 9 – note banquet on check

Mail order in (with coupon) to: General Service District 9, Attention:
Treasurer, PO Box 100126, Ft. Lauderdale, FL 33310

Boca Raton Marriott at Boca Center

5150 Town Center Circle, Boca Raton, FL 33486

Hotel Room Reservations:

Book your group rate for South Florida General Service

Conference Oct 2019

(561) 392-4600

Room Rate: \$129.00 per night + tax; Parking is free
Reference: “South Florida General Service Conference”

**HOTEL RESERVATIONS OPEN ON JULY 8, 2019 @ 9AM
AND MUST BE RECEIVED BY SEPTEMBER 6, 2019**

From I-95, exit Palmetto Park Road (exit 44) go west.
Turn right (North) at Military Trail.

Turn right at Town Center Circle & follow road to hotel entrance.

QUESTIONS?

Please contact the Quarterly Assembly Chair at
assemblychair@district9aa.org

For hotel room cancellations OR to be placed
on a hotel room wait list, please contact the
Quarterly Hotel Liaison @ hotelinfo@area15aa.org

2019 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	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	0.00	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	233.00	474.20	Okeechobee Night Group	103633	0.00	0.00
Better Understanding	670079	0.00	0.00	Okeechobee Noon Group	147217	0.00	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	35.00	210.00	PSL AA Tues. Nite Group	103698	20.00	20.00
First Things First	697413	.00	233.00	PSL Sat. AM Men's Group	606637	350.00	650.00
Friday Night Men's	604208	100.00	200.00	Reach Out Group	714201	0.00	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	50.00	120.00
Gays In Recovery	655112	0.00	25.00	Step Sisters	683996	0.00	40.00
Good Guys North	678914	0.00	50.00	Talking Feathers		2.00	67.00
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	57.20	188.20
Happy Hour Living Sober	653464	0.00	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	25.00	125.00
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	40.00	140.00
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	50.00	150.00
Lakewood Park	177727	40.00	280.00	Women's New Beginnings	611306	0.00	0.00
Last Call	151221	0.00	0.00				
Late Risers	681809	0.00	600.00				
Lunch Box Ft. Pierce		0.00	0.00				
				TOTAL AA GP Contributions		1027.20	6319.75

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."

Don't short-change yourself By stopping at half measures

(Continued from page 1)

must be the master of his destiny. He will fight to the end to preserve that position."

Tiebout also cautions that the recuperative power of the alcoholic ego is second to none. Bill reminds us on page 85 of the *Big Book* that it is easy to let up on the spiritual program of action, to rest on our laurels, and in

the Twelve and Twelve: "How persistently we claim the right to decide all by ourselves just what we shall think and just how we shall act" (pg. 37).

He tells us that what we have is a daily reprieve, that in order to assure that God remains in control there are certain disciplines that must be applied to our lives, that we are headed for trouble if we fail in this.

Alcoholism is a subtle foe, half measures have a cunning way of sneaking up on me. My ego wants to regain control. I must be willing to examine my life beyond the alcohol, remembering always that alcohol was just a symptom.

How do you determine the full measure of spirituality? Is it even possible to recognize it in ourselves?

I had the privilege of hearing Sercy W. speak years ago. He became a close friend of Bill's after he got sober in 1946. He gave one of the best definitions of spirituality I have ever heard: "*Spirituality is our effort to reflect Godliness through the channels of human living.*"

Spirituality is measured by constant awareness of how I think and act, trying always to see things from God's perspective, to seek and do His Will, to act the way I believe He would act.

How successful I am at doing this

is made evident by how well I get along with others. I cannot see it in myself, it must be reflected back to me.

Spirituality *needs* people! I can no more see it in myself than I can see the nose on my face. To see my nose I need a mirror, it must be reflected back. To experience spirituality, it must be reflected back.

That requires constant effort, self-evaluation, striving to be the best man I can be, living moment by moment with an awareness of God, trying to reflect His qualities in my dealings with this world, applying the suggestions found in Steps 10 through 12 in our *Big Book*, constant thought of others and meditating on our 11th Step Prayer, (pg. 99, 12x12), accepting AA as a way of life, remembering I have a progressive illness and need progressive treatment.

For me, this represents the full measure, a *Design for Living*, and it is a full-time job that must continue for my lifetime. Spirituality is prayer and meditation in action, a reflection of godliness in all my affairs. This has availed me much, far more than just freedom from the drink problem. This is the best my life has ever been, anything less is just not good enough.

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

R. H. SMITH, M. D.	
2ND NATIONAL BLDG.	AKRON, OHIO
TELEPHONE: HE-8523	REG. NO.
FOR <u>alcoholics</u>	
ADDRESS <u>always remember it</u>	DATE <u>Feb 1937</u>
1. Trust God	
2. Clean house	
3. Help others	
NR	1 2 3 INF.
<u>[Signature]</u> M. D.	

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

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. | 8.Help other but don't let anyone help 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. |
| | 15.Always live in the past or the future. |