

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



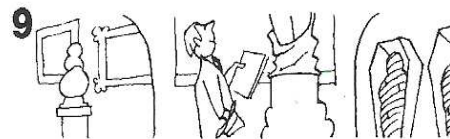
If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



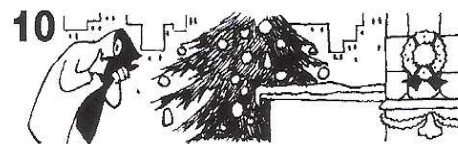
Don't think you have to stay late. Plan in advance an "important date" you have to keep.



Worship in your own way.



Don't sit around brooding. Catch up on those books, museums, walks, and letters.



Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



"Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.



The 11th Step...

Sought through prayer and meditation to improve our conscious contact with God *as we understood him*, praying only for knowledge of his will for us and the courage to carry it out.



It wasn't just Bill W's Efforts

Influences That Changed AA

After the publication of *The Big Book* and the end of the "Flying Blind" period, as AA gained a solid foothold and took on a life of its own, significant influences were introduced that began to shape AA, each bringing substantial changes to A.A. itself:

(A) Father Ed Dowling entered the scene in late 1940; he communicated with Bill for the next twenty years. The main basis of their relationship was Bill's "second conversion."

When Bill did a "fifth step" with Dowling, Bill was introduced to the Exercises of St. Ignatius and, through a steady flow of letters, saw how they compared to the Twelve Steps, (See Robert Fitzgerald. *The Soul of Sponsorship: The Friendship of Fr. Ed Dowling and Bill Wilson* in Letters, Hazelden, 1995).

But, by 1942, Bill had gone into a deep, severe, almost immobilizing thirteen-year depression, losing much of the effectiveness he had in AA's first five years. Other leaders and programs were, for whatever reason, attempting to fill the gap left by Bill's depression.

(B) Richmond Walker had a spotty past as a

recycled drunk. He gained an interest in the Oxford Group and its literature as early as 1934. He joined the Oxford Group in 1939 to get sober but didn't succeed.

He entered A.A. and was involved in three very influential literary works. He worked with a devotional titled *God Calling*, which had been edited by Oxford Group writer A.A. Russell.

In 1945, a Massachusetts A.A. group published Walker's *For Drunks Only*, which was filled with Oxford Group ideas, A.A. principles, and sobriety suggestions. He offered it to A.A. for publication and was declined.

In 1948, Walker revisited *God Calling* and converted it to a recovery devotional that has sold in the millions, though also declined by A.A. itself. That devotional is titled *Twenty-Four Hours Book*.

(C) Father Ralph Pfau was the first Roman Catholic priest to get sober in Alcoholics Anonymous, coming in November 10, 1943. Under the pen name Father John Doe, he

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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 11:00 a.m.
..... 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 10:00 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**

Influences That Changed AA

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replaced “conversion” with a psychological conclusion that, for most AAs, a mere personality change sufficient to overcome the “disease” of alcoholism was all that was required for recovery.

Eventually, recovery centers and their literature substantially pre-empted doctrinal literature publication and distribution. But, as all the foregoing developments occurred, the A.A. success rates became observably more and more dismal — dropping from its original rate of at least 75 percent to about 5 percent. And these changes — one and all — provide solid reasons for returning to, re-examining, and learning early ideas and history.

Just look at the road traveled in A.A. between 1935 and 1955. Just look at how the early Akron A.A. precepts perished a little more along each step of the road. And then ask if it’s any wonder that today’s people don’t even know their history, and perhaps don’t even want to know it.

But our educational target is the suffering alcoholic- the believer, all who are awash in authoritative talk about spirituality, higher powers, powerlessness, personality changes, and experiences, and the atheist or agnostic.

All need to be reached with the simplicity of the early Christian Fellowship program. All have as much at stake in

that program as any other person in A.A. It concerns his life, his freedom, and his happiness which were spiraling down the tube in his drinking years.

And he has as much need and right as any person in A.A. to know that his own beliefs—when used to deliver him from the power of darkness—were the very beliefs that delivered early AAs from the curse of alcoholism.

It was alcohol that was the enemy and the key. And the early pioneers found out how to defeat that enemy and turn the lock with the help of Almighty God.

Submitted with love in sobriety, Bob S.

Fifteen Ways to Be MISERABLE

- 1.Wait for others to make you happy.
- 2.Blame everyone else for your unhappiness.
- 3.Use “if only” whenever you can re:Time, Friends or Money.
- 4.Compare what you have with what others have.
- 5.Always be serious.
- 6.Take responsibility for everything all the time.
- 7.Try to please everybody all the time (never say “no”).
- 8.Help other but don’t let anyone help you.
- 9.Consider your own wants unimportant.
- 10.If anyone compliments you, discount it.
- 11.If anyone says anything, exaggerate it.
- 12.Always stay calm and cool.
- 13.Resist change to the death.
- 14.Strive for absolute perfection.
- 15.Always live in the past or the future.

2019 Group Contributions thru September 30

GROUP	Group #	SEPT	YTD	GROUP	Group #	SEPT	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	0.00	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
Easy Does It	149241	25.00	25.00	Okeechobee Sobriety Group	643907	0.00	0.00
Emotional Sobriety Group		0.00	0.00	Okeechobee Women's Group		0.00	0.00
Ensollielle (French, seasonal)	681471	0.00	50.00	Primary Purpose Welcome Home	141056	100.00	100.00
Eye Opener	169889	25.00	260.00	Primary Purpose Bayshore	679364	0.00	0.00
First Things First	697413	61.00	294.00	PSL AA Tues. Nite Group	103698	0.00	20.00
Friday Night Men's	604208	100.00	300.00	PSL Sat. AM Men's Group	606637	0.00	950.00
Friendship Group	103470	0.00	105.50	Reach Out Group	714201	0.00	130.00
From Darkness To Light		0.00	0.00	Sisters of Sobriety	700856	0.00	15.85
Gays In Recovery	655112	0.00	25.00	Step Into Action	696779	0.00	120.00
Good Guys North	678914	0.00	50.00	Step Sisters	683996	0.00	0.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	Talking Feathers		0.00	120.00
Grupo Serendad PSL (Spanish)		0.00	0.00	There Is a Solution		0.00	0.00
Happy Hour Living Sober	653464	200.00	575.00	Tough Love Group	721766	52.00	240.20
Heard It Thru the Grapevine	662713	0.00	0.00	Wake-Up Group Okeechobee		0.00	0.00
Helping Hands Group	654010	0.00	100.00	Warriors		0.00	1.00
Higher Power Sunday	679339	0.00	250.00	Watch your Steps	645676	0.00	125.00
Just For Today	168564	0.00	0.00	We Stopped in Time	669606	2.00	2.00
Keep It Simple— Okeechobee	643906	0.00	0.00	Westside Group Ft Pierce	125608	0.00	180.00
KISS	127410	0.00	300.00	Wolff Road Group Okeechobee	703404	0.00	0.00
Lakewood Park	177727	0.00	280.00	Women Stepping Up	157843	0.00	0.00
Last Call	151221	0.00	0.00	Women's New Beginnings	611306	0.00	0.00
Late Risers	681809	0.00	600.00				
Lunch Box Ft. Pierce		0.00	0.00				
				TOTAL AA GP Contributions			
				504.00 7302.75			

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."

Influences That Changed AA

(Continued from page 1)

wrote his fourteen Golden Books back in the 1940's, 50's and early 60's, still being read and used by A.A.'s today: *Spiritual Side* (1947), *Tolerance* (1948), *Attitudes* (1949), and others.

They were coming out once a year at the beginning. Then Pfau changed his writing and published three much longer books, including *Sobriety and Beyond* (1955).

(D) Ed Webster published "The Little Red Book" in 1946, in Minneapolis un-

der the sponsorship of the A.A. Niccollet Group. Its actual title was "*An Interpretation of the Twelve Steps*." Ed had the help and support of Dr. Bob, who gave numerous suggestions for wording various passages.

Ed also wrote *Stools and Bottles* (1955), *Barroom Reveries* (1958) and *Our Devilish Alcoholic Personalities*.

(E) Bill's "*Twelve Steps and Twelve Traditions*:" When Bill finally pulled out of his depression, Anne Smith was dead, Dr. Bob was dead, the reigns of

A.A. were becoming the property of New York, and Bill had set about writing a whole new program in this book. It was heavily edited by two Roman Catholic Jesuit priests who purportedly sought to eliminate Oxford Group thoughts from its content.

Bill also introduced a second edition of *Alcoholics Anonymous* and adopted "spiritual awakening" as the target of the steps—leaving conversion, religious experience, and spiritual experience in the dust bin. He completely

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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

ST. LUCIE INTERGROUP 28th ANNUAL Volunteer Recognition Buffet Saturday, January 11, 2020 Saint Andrew Lutheran Church

Featuring

Old-Fashioned
Meatloaf
Mashed Potatoes
And Gravy
Chicken Parmesan
Baked Ziti
Garden Vegetables
Tossed Salad

**Please bring
a dessert to
share**

Doors open at 5
Dinner at 6
Speaker at 7 p.m.
Sobriety Countdown,
50/50 And Raffles
Tickets \$15
Call (772) 873-9299
Or Purchase at the



On the Eleventh Step ...

The Eleventh Step...

Sought through prayer and meditation to improve our conscious contact with God *as we understood him*, praying only for knowledge of his will for us and the courage to carry it out.

Tradition Eleven...

Our public relations policy is based on attraction rather than promotion; we need always to maintain personal anonymity at the level of press, radio and films

My Eleventh Tradition Checklist ...

1. Why is it a good idea to place the common welfare of all AA members before individual welfare? What would happen to me if AA as a whole disappeared?
2. When I do not trust AA's servants, who do I wish had the authority to straighten them out?
3. In my opinions and the remarks of other AAs, am I implying membership requirements other than the desire to stay sober?
4. Do I ever try to get a certain AA group to conform to my standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is my part?
6. Does my personal behavior reflect the Sixth Tradition — or belie it?
7. Do I do all I can to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior — especially if they are paid to work for AA? Who made me so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscious? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Should I keep my AA membership a secret, or reveal it in private conversation when that may help another alcoholic (and therefore me)? Is my brand of AA so attractive that other drunks want it?
12. What is my real importance among more than a million AAs?

On the Eleventh Step ...

The Eleventh Step Principle...

The principle behind the 11th step is Patience.

Prayer of Saint Francis of Assisi

(AA's Eleventh-Step Prayer)

*Lord, make me a channel of thy peace;
that where there is hatred, I may bring love;
that where there is wrong, I may bring the spirit of forgiveness;
that where there is discord, I may bring harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring light;
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted;
to understand, than to be understood;
to love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal life.
Amen.*