

ST. LUCIE INTERGROUP
28th ANNUAL Volunteer Recognition Buffet
Saturday, January 11, 2020
Saint Andrew Lutheran Church
295 NW Prima Vista Blvd. in Port St. Lucie

➡ **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 door

If willing, please bring AA
Conference-Approved Lit-
erature for raffle prizes





The 12th Step ...

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principals in all our affairs.



Good idea, but where'd it come from?

The Murky Origins of '90 Meetings in 90 Days'

Clarence H. Snyder, founder of AA in Cleveland, Ohio (1939), remembered Dr. Bob once saying: "There is an easy way and a hard way to recovery from alcoholism. The hard way is by just going to meetings."

So, what does the Big Book of AA, our basic recovery text have to say about meetings?

"Seeing much of each other, scarce an evening passed that someone's home did not shelter a little gathering of men and women, happy in their release, and constantly thinking how they might present their discovery to some newcomer. In addition to these casual get-togethers, it became customary to set apart one night a week for a meeting to be attended by anyone or everyone interested in a spiritual way of life. Aside from fellowship and sociability, the prime object was to provide a time and place where new people might bring their problems." (A.A. p. 159-160)

Turns out, there is no reference to 90 meetings in 90 days in the BB.

I've read reports that the 90 days thing was introduced by Hazelden, which is a good program, but the folks there seem to believe - to a disturbing degree - that Hazelden IS Al-

coholics Anonymous.

I've read in medical journals that it takes a full 90 days for the central nervous system to stabilize after drinking. I've also heard that one of the early AA chapters said 90 meetings in 90 days because in the Big Book, it tells of the original Akron group growing from 30 to 300 in 90 days.

"No one can speak with any certainty about the roots of "90 meetings in 90 days." Certainly, no one at the General Service Office can pinpoint the source of this bit of counseling heard in some A.A. meetings. Again, no such suggestion appears in either the Big Book or in the Twelve and Twelve.

In the 1950s, though, mention of 90 days or three months as a milestone in sobriety was appearing in the *Grapevine*. An article in the January 1959 issue, which was one of a series on conducting talks at beginners' meetings, is headed "90-Day Trial." In the article, it was pointed out that one approach to newcomers might be: "I'd like to suggest that for a period of three months you decide to stay away from a drink twenty-four hours at a time, and also decide to attend many meetings - every night

(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
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**

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.

1



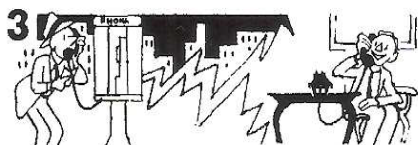
Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.

2



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.

3



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.

4



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.

5



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.

6



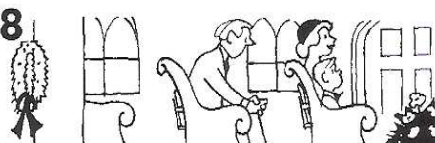
If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.

7



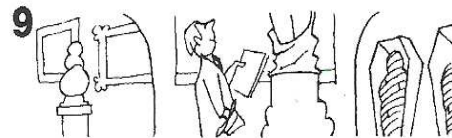
Don't think you have to stay late. Plan in advance an "important date" you have to keep.

8



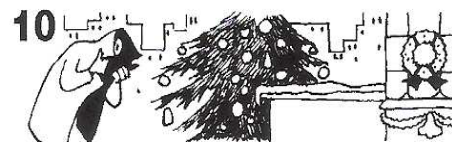
Worship in your own way.

9



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

10



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

11



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

12



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

2019 Group Contributions thru October 30

GROUP	Group #	OCT	YTD	GROUP	Group #	OCT	YTD
11th Step Candlelight PSL		0.00	0.00	Lunch Bunch PSL	169623	50.00	520.00
A Desire To Stop GP		0.00	25.00	Men's Sobriety Group Sun.AM	172529	80.00	280.00
Alternate MC Beginners AA GP	645696	0.00	0.00	Midday Matinee	172992	0.00	0.00
Back To Basics	617295	100.00	325.00	New Hope Group	163611	100.00	200.00
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	0.00	25.00	Okeechobee Sobriety Group	643907	0.00	0.00
Emotional Sobriety Group		0.00	0.00	Okeechobee Women's Group		25.00	25.00
Ensollielle (French, seasonal)	681471	0.00	50.00	Primary Purpose Welcome Home	141056	0.00	100.00
Eye Opener	169889	25.00	285.00	Primary Purpose Bayshore	679364	0.00	0.00
First Things First	697413	0.00	294.00	PSL AA Tues. Nite Group	103698	0.00	40.00
Friday Night Men's	604208	0.00	300.00	PSL Sat. AM Men's Group	606637	0.00	950.00
Friendship Group	103470	0.00	105.50	Reach Out Group	714201	50.00	180.00
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	82.50	122.50
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	0.00	575.00	Tough Love Group	721766	135.00	375.20
Heard It Thru the Grapevine	662713	0.00	50.00	Wake-Up Group Okeechobee		0.00	0.00
Helping Hands Group	654010	0.00	50.00	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	50.00	200.00
Last Call	151221	0.00	0.00	Women's New Beginnings	611306	0.00	0.00
Late Risers	681809	300.00	900.00				
Lunch Box Ft. Pierce		0.00	0.00				
				TOTAL AA GP Contributions			
				1047.50 8370.25			

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."

The Murky Origins of '90 Meetings in 90 Days'

(Continued from page 1)

if possible. Surely you can spare ninety days from your life. They might prove to be the most useful ninety days in your entire lifetime. You may learn whether or not you are an alcoholic, and that's a good thing to know."

For some in the Fellowship it makes obvious sense to suggest to newcomers that they immerse themselves in A.A.'s program for the first few months. Someone new to the rooms following this suggestion is relieved of the burden of deciding on a daily basis wheth-

'There are no rules on how many meetings anyone has to attend, of course. It comes down to what works for the individual.'

er to attend a meeting.

Some, though, believe that the concept of 90 meetings in 90 days runs counter to A.A.'s focus on a day at a time, and that to suggest to newcomers that they plan three months ahead is asking too much of them. One letter writer to the Grapevine in the March 1988 issue asserts: "If I had been required to do anything for more than a twenty-four hour period, I probably would have walked out."

Also, some A.A. members with years of sobriety can be heard announcing that they are doing "90 in 90" to give their own program a boost.

In general, A.A. members and groups have shown solid instincts for finding what works for staying sober. There are no rules on how many meetings anyone *has to* attend, of course. It comes down to what works for the individual.

My personal opinion is that the suggestion was taken from one of the books A.A.'s gave each other in the very beginning of our fellowship -- Henry Drummond's "The Greatest Thing in the World" published in 1887. This sermon is a loving guide to Chapter 13 of Paul's First Letter to the Corinthians. There are many short sections in this talk, and one of them is titled, "*Read it Ninety Times in Ninety Days.*"

It seems a little too coincidental to me, given that this talk is included in a

list of books often referred to as "recovery classics:" books which Bill W. and Dr. Bob both "had high regard for" and "passed them on to persons they sought to help" (these three classics are, *As a Man Thinketh*, by James Allen, *The Greatest Thing in the World*, by Henry Drummond, *An Instrument of Peace*, the *St. Francis Prayer*).

While Bill and Bob may have suggested reading specific literature for 90 days in a row, it is doubtful they would suggest 90 meetings in a row, mainly because there were not that many meetings available at that time.

And both Bill and Bob knew that meetings alone did not promote spiritual growth. The Foreword to the First Edition of The Big Book says, "To show other alcoholics *precisely how we have recovered* is the main purpose of this book."

AA meetings are supposed to be a place where we can find newcomers to work with and to carry the *message* of the instructions in the Big Book. We are to find a God of our understanding, with whom we are to form a relationship and to rely upon.

During the late 30s and early 40s, the recovery rate was between 75 and 93 percent. The recovery rate is now not even 10 percent because the Fellowship has drifted so drastically away from the precise instructions in the Big Book.

It is very likely that the "90 in 90" suggestion has become a permanent part of AA, but we should all be careful of how we bander it about. Two things kill alcoholics in AA: *liquor and bad information*. Before we promote any suggestion, we must ask ourselves if we are truly informed, and that we can defend that suggestion in the light of our own experience.

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

On the Twelfth Step ...

The Twelfth Step ...

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principals in all our affairs.

The Twelfth Tradition Checklist ...

1. Why is it a good idea for me 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 current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a 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 do 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 conscience? 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 the real importance of *me* among more than a million AAs?

On the Twelfth Step ...

The Twelfth Step Principle...

The principles behind the 12th step are Charity and Love

Tradition Twelve...

Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

A TWELFTH-STEP PRAYER

Dear God, My spiritual awakening continues to unfold. The help I have received I shall pass on and give to others, both in and out of the fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for inner strength and wisdom to practice the principles of this way of life in all I do and say. I need You, my friends, and the Program every hour of every day. I give thanks for all I am thus offered.

Amen.