

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.

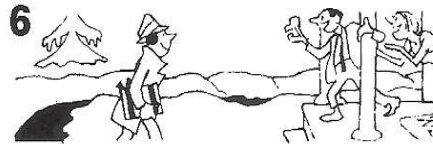


4 Find out about the special holiday parties, meetings, or other celebrations

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



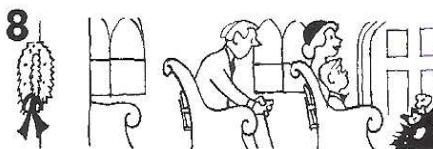
5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



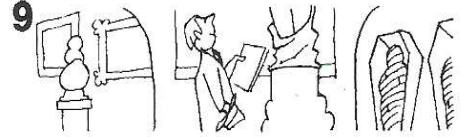
6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



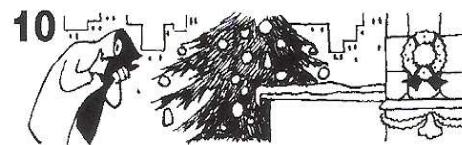
7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



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.



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.



How a Small Prayer Captures the Heart of the AA Experience

"So much AA in so few words"

Submitted with love in sobriety, Bob S.

The Serenity Prayer is so well associated with Alcoholics Anonymous and is such a perfect fit for us that it is easy to assume that it was written either by one of us or at least by someone who had us in mind. But that is not the case.

There is actually some debate over the origins of the prayer, which is really part of a longer poem, but it is most commonly attributed to theologian Reinhold Niebuhr, who began using it during his sermons

around 1934. Reverend Niebuhr commented that the ideas contained in his poem had probably been around and expressed in various ways for centuries, but as far as he was aware, he was the author of the poem as we know it today.

The prayer found its way into AA in 1942, when a member remem-

bered only as "Jack" noticed the unattributed prayer alongside a routine obituary in The New York Herald Tribune. Jack brought the prayer to the attention of the staff of AA's burgeoning office on Vesey Street in Manhattan, where the staff was so struck by the power and

(Continued on page 7)

The Serenity Prayer

God grant me the serenity to accept the things I cannot change... courage to change the things I can... and wisdom to know the difference.



ST LUCIE INTERGROUP ASSOCIATION, INC.
883 E Prima Vista Blvd.
Port St Lucie, FL 34952

(in the NW corner of Prima Vista & US 1, located in Port St Lucie Plaza)
Office and 24-Hour Help Line: (772) 873-9299

Visit our website at:

www.aastlucieintergroup.com

Where you can view and download PDF copies of this and recent newsletters

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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 Building R Room 131 *(Except July in Room 248)*

Come support your District!!

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)

..... the 1st Saturday of month 10:30 a.m.
Corrections Committee Meeting... the 2nd Saturday of month, 10:30 a.m.
..... the 3rd Saturday of month, 10:30 a.m.
..... 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 Chris B:
Cbrady561@gmail.com
1-561-628-3604**

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

Small Prayer Captures the Heart of AA

(Continued from page 1)

wisdom of the prayer, it lead Bill to comment, "Never have we seen so much AA contained in so few words."

It was suggested that wallet cards be printed and they be included with all outgoing mail. A run of 500 cards was initially printed by Henry S., a professional printer and member of AA in Washington, DC, and "With amazing speed, the serenity prayer came into general use and took its place alongside our two other favorites, the Lord's Prayer and the Prayer of Saint Francis," commented Bill.

ADDRESSES FOR GROUP DONATIONS

GSO
PO Box 459
Grand Central Station
New York, NY 10163

South Florida Area 15
Treasurer
PO Box 56
Sebring, Fl 33870-0056

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

I personally see a reflection of our 12 Steps throughout the prayer, beginning with the first three words, "God grant me." This reminds me that I am powerless, that I need the guidance of God and that, if I humbly approach Him, any situation will be managed.

Serenity and Acceptance are spiritual principles and, when I consider Steps One, Two and Three, I find the peace that comes with having decided to turn my will and life over to the care of God and the assurance that whatever it is I am facing, God has my back.

In the second stanza, I am asking God for the courage to change. I learned a valuable lesson regarding courage and change by working Steps Four through Seven. Bill W. called Step 10 a spiritual axiom, in that anytime I am disturbed, no matter what the cause, there is something wrong with me.

This stanza reminds me that in any situation, the first place I need to look is within myself and ask myself how, by changing my attitude or perception, will this situation be effected, usually reminding myself, "Thy will, not mine be done."

Wisdom and discernment are requested in the final verse of the Serenity Prayer. Steps

10-12 provide me with this. When I practice Step 10 the way it is described on Page 84 of the Big Book, I find that I typically react sanely and normally, that I have ceased fighting, that I have a new attitude. To me, this is wisdom, wisdom not my own, but from God.

And when I practice prayer and meditation the way it is described on Pages 86 and 87 of our Big Book, asking God for inspiration, and to direct my thinking, I often find that the right answers come and so my thought-life has been placed on a much higher plane.

This is not knowledge. It does not come from study. It comes from being aware that I am spiritually awake, that I have entered the world of the spirit, and that I am to practice these principles in all my affairs.

Saying the Serenity Prayer serves as a reminder to me that I have adopted a new way of living and that I have a tried and true course of action as I navigate through each and every day. The beauty and simplicity of this prayer truly is a perfect fit for us in AA.

Note: The Serenity Prayer can be found on Pg. 125 of The 12 Steps and 12 Traditions.

Help us share information to make Alcoholics Anonymous accessible to all who reach for the hand of AA

GSRs, DCMs and District Committee Chairs and Members:

If you are aware of AA members who are using online resources to overcome hearing, sight, movement, distance, language or other challenges to accessing The Hand of Alcoholics Anonymous or are seeking such resources, please have them e-mail useful links to our St. Lucie Intergroup Webmaster at stlucieintergroup@att.net. We are attempting to create a link page on our Intergroup website as a resource for enabling access for all.

2018 Group Contributions thru September 30

GROUP	Group #	September	YTD	GROUP	Group #	September	YTD
11th Step Candlelight PSL		0.00	0.00	Lunch Bunch PSL	169623	50.00	400.00
A Desire To Stop GP		0.00	121.00	Men's Sobriety Group	172529	0.00	250.00
AA Promises GP	671816	0.00	0.00	Midday Matinee	172992	0.00	0.00
Alternate MC Beginners AA GP	645696	0.00	0.00	New Hope Group	163611	0.00	200.00
Back To Basics	617295	0.00	348.00	New Windmill Point	148626	0.00	0.00
Bayside GP	134955	0.00	0.00	Okeechobee Discussion		0.00	0.00
Begin Where You Are	666125	0.00	234.00	Okeechobee Night Group	103633	0.00	460.00
Better By The Beach	688860	0.00	530.90	Okeechobee Noon Group	147217	60.00	300.00
Better Understanding	670079	0.00	0.00	Okeechobee Sobriety Group	643907	0.00	0.00
Bleeding Deacons	710958	0.00	0.00	Okeechobee Women's Group		0.00	0.00
Easy Does It	149241	0.00	0.00	Primary Purpose Welcome Home	141056	100.00	250.00
Emotional Sobriety Group		0.00	0.00	Primary Purpose Bayshore	679364	0.00	100.00
Ensollielle (French, seasonal)	681471	0.00	100.00	PSL AA Tues. Nite Group	103698	20.00	300.00
Eye Opener	169889	50.00	750.00	PSL Sat. AM Men's Group	606637	0.00	900.00
First Things First	697413	0.00	706.50	Reach Out Group	714201	0.00	75.00
Friday Night Men's	604208	0.00	197.00	Sisters of Sobriety	700856	0.00	0.00
Friendship Group	103470	0.00	223.50	Step Into Action	696779	0.00	156.00
From Darkness To Light		0.00	0.00	Step Sisters	683996	0.00	214.00
Gays In Recovery	655112	0.00	100.00	Sun Rise 11th Step		0.00	0.00
Good Guys North	678914	0.00	45.00	Talking Feathers		0.00	73.00
Grupo Renacer Hispano FP (Spanish)		0.00	0.00	The Devine Appointment		0.00	0.00
Grupo Serendad PSL (Spanish)		0.00	0.00	The Steps We Took		0.00	0.00
Happy Hour Living Sober	653464	0.00	683.00	Tough Love Group	721766	0.00	0.00
Heard it thru the Grapevine				Two Alternatives		0.00	0.00
GP	662713	0.00	80.00	Wake-Up Group		0.00	0.00
Helping Hands Group	654010	0.00	140.00	Warriors		50.00	340.00
Higher Power Sunday	679339	0.00	300.00	Watch your Steps	645676	0.00	125.00
Just For Today	168564	80.00	160.00	We Stopped in Time	669606	0.00	105.00
Keep It Simple— Okeechobee	643906	0.00	0.00	Westside Group Ft Pierce	125608	0.00	50.00
KISS	127410	0.00	750.00	Wolff Road Group Okeechobee	703404	0.00	50.00
Lakewood Park	177727	40.00	360.00	Women Stepping Up	157843	0.00	150.00
Last Call	151221	0.00	0.00	Women's New Beginnings	611306	0.00	0.00
Late Risers	681809	0.00	450.00	TOTAL AA GP Contributions		450.00	10776.94
Lunch Box Ft. Pierce		0.00	0.00				

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."

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.

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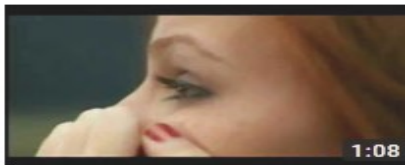
AA Public Service Announcements - English [PLAY ALL](#)

Alcoholics Anonymous Public Service Announcements (PSAs)



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My World

Alcoholics Anonymous World ...
338 views • 3 months ago



I have Hope

Alcoholics Anonymous World ...
260 views • 3 months ago

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St Lucie Intergroup

AA Meetings, Literature and AA Links for St Lucie County



[Home](#) [Links to AA Sites](#)

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Welcome to St Lucie Intergroup

883 E. Prima Vista Blvd, Port St Lucie, FL 34952

(LOCATED IN THE PORT ST LUCIE PLAZA)

Office Hours: Monday-Friday 9:00am-5:00pm

24 Hour Hotline (772) 873-9299

Email us at stlucieintergroup@att.net

Intergroup Meetings are held on the 3rd Thursday of each Month at the E. Prima Vista Office
@7:00PM

Pages

- [Links to AA Sites](#)
- [Welcome to St Lucie Intergroup](#)

Subscribe to our newsletter

Email Address (Required)

First Name

Last Name

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.