

Sobriety Sentinel

Tri county Intergroup *305 Depot Rd * St. Peters, MO

Website: <http://tricountvaa.org/> Phone: 636-970-0013

Experience, Strength and Hope

I was not one of those people who came into AA with a resentment against God. I did not come in with a strong relationship with Him, either. For me, I had never really decided what I believed regarding God. I was raised Catholic but just never really got it. It was a duty for my family that was carried out when convenient, and a personal relationship with God was never encouraged. When I entered my teens, I realized that I didn't know what I believed and would think up my own ideas. My favorite was that God was a force or an idea, kind of like karma. I always knew there was *something* out there, but just didn't know what.

When I entered AA, I was more than willing to listen to other's ideas of who God was. I didn't pray, didn't really even think my idea of God as a force was right, and saw that other people had an attitude I wanted. The biggest thing that I have learned over my journey is that you do have to take action to get results. In regards to my relationship with God, I explored. I did not sit around waiting for God to smack me in the face, because I didn't think that was going to happen. God can do much more out of something than out of nothing. He can talk to me and guide me to Him much easier when I am exploring options to build my spirituality rather than just sitting around. My first sponsor told me that God is a gentleman-you have to open the door for Him because He will not force His way in. That really stuck with me.

I think for many people, the scariest thing about this step is that they think they already have to have God, but really, it's something that develops. The step says "came to believe", not believed when we began. The rest just comes after. I am lucky that I didn't come in with any resentments or anything. While God was not necessarily a new concept for me, I do kind of feel like I began my journey with a blank slate.



Today, my higher power is Jesus Christ, but the beauty of the program is that you do not have to believe any particular way. Simply being willing and open to ideas of spirituality will eventually guide you to God, however it is that you may see Him. Since I came to this initial understanding, I have been able to cultivate a relationship with God which has provided a life and an outlook for me beyond my imagination. I can say with 100% certainty that the most important fact of my life today is the awareness of God.

For those who still have trouble getting to that point of belief, borrow someone else's God. That's what I did! The people I fell in with seemed happy and had not had a drink in many years, and that was proof enough for me that something big was working in their lives. So, until I could come to my own belief, I borrowed theirs. God DOES come to those who seek him, sometimes it just takes patience. I know for an alcoholic, patience is not our strongest points. But as alcoholics we also know how to mess things up with our impatience, which is why I truly believe that God will make things happen on His time, rather than ours. Don't be discouraged because you don't believe. Rather, recognize that this step is simply putting the effort forth to get to where you DO believe, and can then turn things over and enjoy a life that you could never have dreamed of.

Lauren M.

Deep Awareness by Big Dave

It is super easy for more to see the flaws in others. I am aware today that people either act in a good positive way..... loving, compassionate, understanding, patient, tolerant, accepting, giving, or they act in a not so positive way.....distrust, irritated, frustrated, hateful, disdain, or any number of other not so loving ways. What baffles me is how knowing this information and doing my best to practice these spiritual principles, I still am unable to see at times in the moment that I am doing damage instead of helping. That I am in fact acting out in these character defects. It's easy and with great clarity that I am able to look back at any situation and evaluate how I felt in the moment. Emotions and Feelings to me today are my biggest indicator on how I am acting out reacting. If I feel good, warm and fuzzy chances are I am behaving in a positive manner. If I feel tense, or upset....chances are I am acting in a negative manner. It's that easy!!!And yet I have struggled with it for years.

Today I will be aware of how I feel and will pause when feeling frustrated....regroup and run forward when feeling good. Today I will look inward and be aware of ME, MYSELF, AND MY ACTIONS AND REACTIONS. Today I have the ability to change my life by changing me, not others. Today I choose to look at the positives in friends, employees, customers, children, and acquaintances. Today I value the people in my life and understand that I am responsible for them knowing it.

Thank you for all those people who help me understand myself and those that have stuck with me through those times I acted out in my character defects.

Welcome!
There is a solution



February Issue

Email:

sobrietysentiel@gmail.com

Service Positions:

Intergroup Phone Line

Committee Members for Sobriety Sentinel & Activities

12 Step Call List

Special Needs Committee Chair

Grapevine Rep

Set up and clean up 2nd Sunday

Of the month 212 club Breakfast

Do you know of any upcoming service positions?
Please send them to our email address.

Newcomer Q&A

By: Patty R.

Questions newcomers have asked about Alcoholics anonymous.

What program?

Alcoholics Anonymous or A.A. is a fellowship of men and women who share their experience, strength and hope with each other that may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership, we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to enlarge in any controversy, neither endorse nor oppose any causes. Our Primary Purpose is to stay sober and help other alcoholics achieve sobriety.

This is our preamble and is read at every meeting and describes A.A.

The first Missouri State Conference of Young People in Alcoholics Anonymous (MOSCYPAA) was held the weekend of May 22nd in 1987. There were seven more MOSCYPAA's between the years of 1988 and 1994. Several young AAs made efforts to revive MOSCYPAA in 1998, but were unsuccessful. In 2012, the 54th International Conference of Young People in Alcoholics Anonymous (ICYPAA) came to St. Louis. Following the conference, the Host Committee took it upon themselves to elect an advisory council from their membership. The newly formed MOSCYPAA Advisory Council paved the way to the 9th MOSCYPAA to be held in 2015.

The 9th MOSCYPAA elected a Host Committee comprising of young AAs from the St. Louis and Kansas City metropolitan areas, as well as Columbia. At first, the Host Committee met monthly in St. Charles at the Campus Office facility, but soon changed the location to the Barber Shop facility in Columbia to provide a more central location for all members. After some time (and debate), the Host Committee agreed on having the conference January 9th - 11th, 2015 at the Inn at

MOSCYPAA

Grand Glaize in the Lake of the Ozarks. Over the next year and a half, the Host Committee planned the ins and outs of the conference, as well as had numerous fellowship events to build up awareness of MOSCYPAA.

Through love and service, and a reliance on a Higher Power of our understanding, we, the 24 young people of the MOSCYPAA Host Committee, were given the opportunity to carry the message to 370 members of Alcoholics Anonymous for the weekend of January 9th - 11th. The conference was a huge success; there were countless fellowship opportunities,

keynote speakers, marathon meetings, a rap battle, and a Winter Wonderland dance, as well as Al-Anon involvement. The line in the Big Book holds true for the Host Committee, "to watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss (Alcoholics Anonymous, page 89)."

If you missed the 9th MOSCYPAA, don't worry! The 10th MOSCYPAA (or teeeeennnnn, as it is fondly referred to) will be in Kansas City in 2016. MOSCYPAA will still be active in the St. Charles and St. Louis areas this year as well, there will be bid committees forming soon for both cities which will provide numerous service opportunity! If you are a thing AA or if you are young at heart, please join us! And remember, we love you lots and lots and whooooooollleeeee bunches!!!



Jessica D.

Tradition 2

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.

To me tradition 2 means the group runs AA as a whole. We do not wait for an AA "elder" or worry about people pleasing the one "hot head" in a meeting by letting them call the shots. Contrary to my egos belief I am not god. I do not sit around and tell people what to do. I need to stay in my lane and worry about what I am doing or not doing. In AA I need to learn I may or may not know what is best for the group and our primary purpose. I have to continue to have an open mind and listen. I cannot get over sober and start telling people what to do and how we are going to do things in AA.

Here is a small checklist I use:

- Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
- Do I look for credit in my AA jobs? Praise for my AA ideas?
- Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
- Am I still willing to serve my turn at AA chores?
- In group discussions, do I sound off about matters on which I have no experience and little knowledge?

If I practice our traditions in all my affairs life gets better. I can even use them with my family, at work and/or in my personal life.

- Do I criticize or do I trust and support my wife, son, mother, and or brother?
- Am I looking for credit while doing household chores or praise for paying the bills like an adult?
- Am I a jerk to my wife and son with family discussion, or can I speak in a loving manner and work cheerfully along with my family?
- Am I still looking for a prize for getting sober and saving my own life?
- In family matter, do I sound off about matters on which I have no experience and little knowledge?

"Our society has no president who can govern, no treasurer who can compel the payment of any dues, no board of directors who can cast out an erring member into outer darkness ...no AA can give another a directive and enforce obedience..." 12 x 12, pg 132.

Take part in your group. Exercise your privilege of being a full member, because you ARE important. It's a wonderful and fascinating part of the AA journey.

I love you all and there is nothing you can do about it.

J Money

WISE WORDS FROM OUR SPONSORS

Early in sobriety my first sponsor asked me "Did you drink or think about drinking every day?" My answer was a resounding YES! Then she said "Well then don't you think you can put the same effort into your sobriety, your recovery and yourself?" This prompted me to plan each day around a meeting and become a meeting maker.

To keep my recovery first and not let life get in the way

Heidi G.

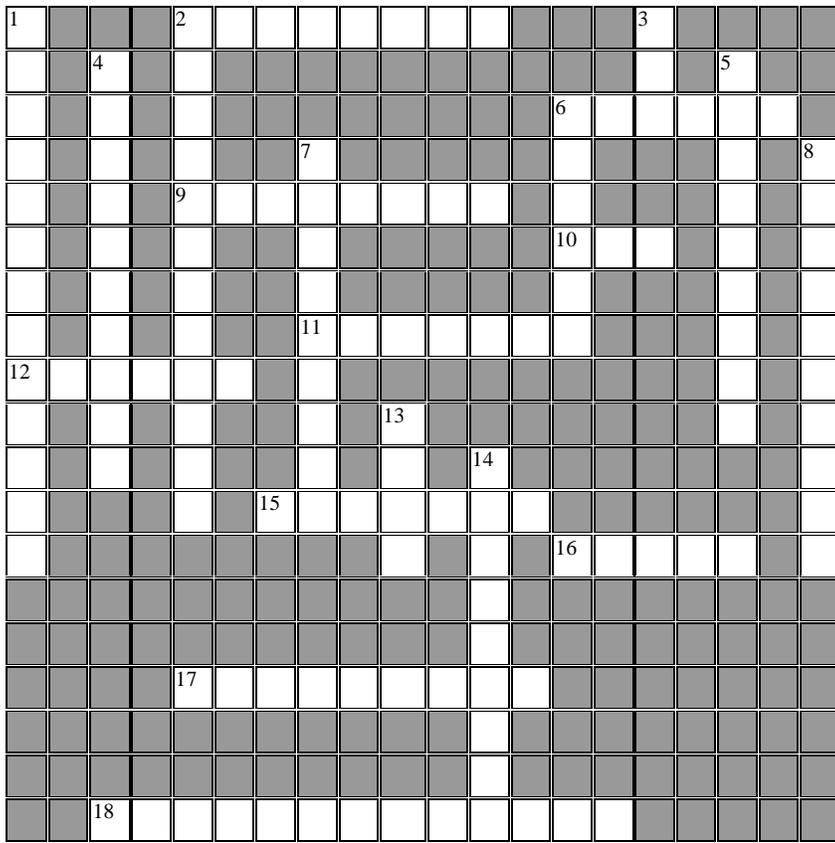
What Good is your Intergroup anyway?

The Intergroup office is responsible for a wide variety of things that help support our groups in districts 14, 19 and 20. We purchase and supply all your literature & coins at the cheapest prices around plus we can special order anything of need from GSO which will save you on the shipping charges. Service opportunities are available for all who care to be involved. We answer the phones when everyone is busy or asleep 24/7. The office is a great location for our districts to meet, a place to hold service workshops, committee meetings and can even be used when your sponsor needs a place to meet. Our intergroup website can be used to find a meeting and gives you directions to the meeting of your choice. We print and publish your AA newspaper (Sobriety Sentinel) as well as update and publish the Where and When that continues to evolve, we supply flyers on all our area and countrywide conventions. Sometimes we even give advice and shouldn't.

We manage the IR office and mostly have to count on all the groups to pay our rent- So please consider, all we do, the next time in your Group Conscience, the subject of dividing your donations comes up...

Jeff C.

Big Book Crosswords by Larrissa



ACROSS

2. Trivial poetry
6. Lighthearted in character or content
9. Disaster/ tragedy
10. i, self me
11. Feeling less than
12. Crazy, odd, extreme
15. Threatening
16. To hit something and bounce off
17. Tricky
18. Sandwich shop

DOWN

1. Amazement, Confusion, wonder distress, dismay
2. Shortcoming, Lacks, shortages, failures
3. Edging God Out
4. Helping others
5. Trickery
6. Having definable limits
7. Whirlpool activity
8. God/ higher Power
13. Free from mental derangement
14. Rich or luxurious



WISE WORDS FROM OUR SPONSORS

My first sponsor told me that pain is not optional, but suffering is. In other words, we can feel the pain, but we don't have to allow it to consume us. And I have learned from my second sponsor that just because I have standards doesn't mean I think I'm better than anyone. It means I'm healthy! And it means that I have self-respect. Who knew!? Meagan

Keep Coming Back

I grew up in a cute little 3 bedroom house in St Charles, Mo. We weren't the richest people but we loved each other. I started using and drinking when I was 9. I was drinking 3 or 4 times a week by the time I was 15 and that is when I hit my first bottom. I didn't use for years but I became a dry drunk. I finally got connected with a woman in AA who took me under her wing and helped me. I went to school, got a good job, and was happy.

Then I got fired from my job, got into an abusive, toxic relationship and stayed in that relationship for 10 years. While in college I remember the teacher looking over the bulk of us and saying you are the cream of the crop. People towards the end of my dry drunk said I was a piece of crap!

Today, I live in a group home and am fighting my way to get out. This just goes to show you can't take a day off from working the program. I'll keep coming back.

Angie G.

What does Rapacious mean?

Inordinately, greedy, predatory

Mary Kay and Jason G.



It controls your days and rules your nights
 It makes good seem wrong and wrong seem right
 It has no conscious or memory to rely on
 It only knows the here and now until even that is gone
 It will steal away your thinking, your family and your friends
 It will continue to destroy you, gaining power till the end
 It is a force unlike no other – a need that must be met
 It won't let up, It won't let go – you'll lose your self-respect
 It's really your decision to fight it and to win
 The help that is available will be your strength within
 It really does get ugly – it's sad and such a waste
 But there is only two who can put it in its place
 God and You

Artist Corner submitted by Patty A.



Please email any of your recovery based art work

Here are the steps we took, which are suggested as a program of recovery:

Newcomer Q&A by Patty R

Who is Bill W, Dr. Bob and Lois?
Come find out in the Upcoming play.
Bill W and Dr. Bob

O'Fallon Municipal Center (City Hall)
March 20-22 and 27-29
8pm Friday and Saturday 2pm on Sunday
Call 636-474-2732 to find our information about ticket prices.

New Meetings

Big Book Study

Mixed Meeting
Hope Lutheran Church
8pm Saturdays

"Each day a New Beginning"

Women's meeting
Back room @ the 212
Monday 7pm

Growth and Recovery

Closed women's Group
Krumby Burger Basement
Tuesday 6pm
Come out and support meetings that need some support
Sunday night 8pm @ 212
St Joe's in St Charles @ 7pm
Walking with Women 2061 Grothe Rd
Wednesday 7pm

The Campus Office

Mixed Meeting
4-5pm Rotating Format
Tuesday & Thursday Nights

Do you know of a new meeting or a meeting that needs a little extra support Email us and let us know.

Birthdays

Group 4094:

Dec	Jan
Bob W 8 yrs.	Don L 21 yrs.
James D 2 yrs.	Lary B 9 yrs.

Group 5

Dec.	Jan
Margaret F. 34 yrs.	Hal M. 25 yrs.
Mike K. 2 yrs.	
Jim S. 33 yrs.	

Group 370

Dec	Jan
John R. 25 yrs.	Steve K. 9 yrs.
Larissa T. 6 m.	
Cassidy R. 6 m.	
Caleb R. 60 days	
Kristen Z. 90 days	
Tina L. 90 days	

Please Email your previous month birthdays from your groups by the first Friday of the following month.

Upcoming Events

Saturday Night Potluck & Speaker Meeting February 14th 2015



Sponsored by GROUPS 678 & 919
Bring A Dish \$5.00 Donation
Social Hour 5:30-6:30pm
Dinner 6:30pm
Speaker Brent H. 7:00pm

DANCE IMMEDIATELY FOLLOWING
Faith United Church of Christ
106 Kent Dr. Wentzville, MO 63385

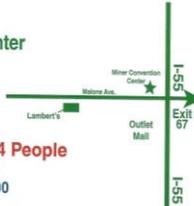
Your 34th Annual Free Five "5" Corners Convention



HOST STATE - KENTUCKY

February 27th & 28th, 2015

LOCATION
Miner Convention Center
Miner, Missouri



NEARBY HOTELS-Rates 1-4 People
Drury Inn (573) 472-2299
Pear Tree Inn (573) 471-4100

FREE Registration FREE Bingo

ENTIRE CONVENTION NON-SMOKING
Registration Begins 3:00 p.m. Friday
First Speaker 7:00 p.m. Friday

Contact: Chairman - hamra.michael@gmail.com | rayb@mycitycable.com
923 Park Ave. - Sikeston, MO 63801

AA Districts 42 and 43 Present: Singleness Of Purpose

A workshop featuring panel speakers and performance of the play:



Come see the "characters" of AA perform in this topical comedy

Learn both the history and current issues around Singleness of Purpose

Saturday February 14, 2015
10:00 Social time
10:30 - 12:30 Workshop

Creve Coeur Government Center
Multi-Purpose Room - 300 N. New Ballas Rd. - Creve Coeur, MO 63141

On Valentine's Day come learn about applying love and tolerance to this controversial topic in AA.

For more information or to get involved contact: Matt A. 314-852-5848 or Lois L. 314-497-7928

Potlucks

Group 132 Annual Potluck
February 24 Starts at 7:00 PM
New Hope Presbyterian Church
1580 Kisker Rd
St. Charles, MO 63304

Group 762 6 year Celebration
February 26 Starts at 6:00 PM
Encouragers Church
8759 Veterans Memorial Parkway

Group 967 3rd Annual Potluck Dinner
March 10 Starts at 6:30 PM
Zion Lutheran Church
3866 South Old Hwy 94
St. Charles, MO 63304

12 Steps to Freedom

An In-Depth Look
at the Twelve Step Process

The Format of both evenings will be two 30 minute speakers followed by a break and then another 30 minute speaker

District A.A. Service Committee Displays

Archives Displays

Snacks provided

Of course, **Coffee**

All speakers will be **Recorded**

Attend one or both meetings

Time is tight, so please be on time

Open meetings

The Where ...
Webster Groves Christian Church
1320 Lockwood Ave.,
Glendale, MO 63122
(Just West of Berry Road)

... And When
March 12th and 19th
7 to 9 p.m. both nights

How It Works:

—March 12th—
Steps 1, 2, 3
Break
Steps 4, 5
Break
Steps 6, 7
—March 19th—
Steps 8, 9
Steps 10, 11
Break
Step 12

Sponsors, bring your sponsoes
Sponsoes, bring your sponsoes

For Information: Mike 314-835-8731

Supported by districts 2, 5, 6, 14, 16, 19, and 41

Spring Fling Convention Presents COMEDY NIGHT & POT LUCK

A Night of Fun, Fellowship, & Laughter
Saturday, March 21, 2015

St. Vincent's Church
1408 S. 10th Street, 63104
(corner of 10th & Park, just west of Hwy 44 & Park)

6:00 pm - Potluck - Bring your favorite dish. Meat & Drinks Provided

7:00 pm - Al-Anon Speaker - Jan S.

7:30 pm - AA Speaker - Jason B.

8:00 pm - LET THE COMEDY & LAUGHTER BEGIN

Introduction and Comedy Warm Up by Mark B
Followed by

Barclay R.

TICKETS ARE ONLY \$15.
ALL PROCEEDS WILL HELP FUND THE SPRING FLING CONVENTION.

To Purchase Tickets contact: Deb V. 314-825-1957
debravergano@rocketmail.com

TICKETS ARE ALSO BEING SOLD BY SPRINGFLING COMMITTEE MEMBERS

BUY YOUR TICKETS EARLY!!! SEATING IS LIMITED
Tickets sell out very quickly

COMING UP IN THE NEXT ISSUE Step 3 Experience strength and Hope, Deep Awareness, Answers for the crossword puzzle and a word search, New Comers Q&A, From the other side (Alanon/Alateen) poets spot, artist corner and More. Want to see something new? Come be a part of the committee first Tuesday of every month 6:30 at the intergroup office.