

# Sobriety Sentinel

Tri-country Intergroup \* 305 Depot Rd \* St Peters, MO

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**"MADE A LIST OFF ALL PERSON WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL."**

When I first sat down to tackle Step 8, I was filled with mixed emotions. I was a bit relieved that the list wasn't going to be too arduous to construct, because most of the people I had harmed were conveniently on my 4<sup>th</sup> step. The list, I thought, was the easy part. My anxiety arose when attempting to wrap my mind around the "willing" part. Being willing to makes amends to these people... being willing to admit my wrong, and the prospect of doing it face-to-face... this seemed a daunting task.

So what did I do? I did what my sponsor and this program have taught me to do- and I prayed. Pray for the willingness. My higher power has a funny way of answering my prayers. He always seems to put me in the right place, at the right time, to hear a message that I need, and *when* I need it. At the 212 Club one night they played an old Joe and Charlie VHS (don't you love those?). I had pen and paper in hand, ready for the wit and wisdom of Mr. Joe McQ, in his glorious green blazer. Wouldn't you know, this video was about Step 8. One of the reasons I was procrastinating with making my list was because of the people I was *un-*willing to make amends to. Friends I had embarrassed myself in front of, money I had stolen, people who had "real or fancied" offenses against me. Joe had a solution for my problem.

So the theory here is that once you're done with your RIGHT NOW's, you'll probably be ready to do some LATER's. Once you've tackled the LATER's, you'll probably be ready to do some MAYBE's. Joe even bet \$20 that after you're done with your MAYBE's, you'll be ready to start on the NEVER's. I guess I owe Joe \$20.

I went home that very night after the meeting, I pulled out my 4<sup>th</sup> step, and I started to compile my list. I did it just as Joe had suggested. Knowing that I was allowed to put some people in the MAYBE and NEVER category made the list less of a pill to swallow and more of a piece of cake.

The further along I get in the steps, the more I understand how each step before has laid the ground work for the following step. Making my inventory in step four helped me to see my part in my resentments. Step 5 helped me to start letting them go. Steps 6 and 7 helped me to see how jacked up I am, and how I can't fault somebody else for being impatient or angry or impulsive if myself struggle with those very things. This list I made in Step 8 would prepare me for the real deal, for going face to face to people I had harmed, to admit my fault to them and acknowledge how my actions affected them, and to ask them what I could do to make it right.

Through these steps I learned the true meaning of "forgive us our trespasses as we forgive those who trespass against us." It wasn't until I had been taught how to forgive that I could ask others for forgiveness. Step 8 prepares me to give back a little of the healing I've been so blessed to have received in this program. All it takes is a little honestly, open-mindedness, and willingness.

My name is Megan, and I am a grateful recovering alcoholic

**MAKING AMENDS REQUIRES  
MORE THAN AN APOLOGY.**

He wrote four columns up on the chalk board: Right Now, Later, Maybe, Never. In column 1, Right Now, I was to put the people that I loved and *wanted* to make amends to RIGHT NOW. People like my mother and father, my children, my closest aunt, my best friend, etc.

Next was the LATER's. These were people I knew I would get to sooner or later, but I wasn't quite ready for just yet. My cousin, my former boss, some old friends. I would get to them, but I was in no rush.

The third column was the MAYBE's. *Maybe* I would make amends to my son's father. Ex's usually fall in that "injure them or others" category, so I might be able to get away with skipping him, but we *did* have to co-parent for the next decade and a half. He was a *maybe*.

Then there was the dreaded NEVER's. I was never going to make amends to that girl in high school I beat up because she stole my boyfriend. She deserved it, right? And my other ex, the one who said I drove him into the arms of another woman because of my addiction, well he could kiss any amends good bye. No matter that I destroyed our apartment and scared the bajeezus out of his three small children. Definitely never.

Welcome!  
There is a solution



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[SobrietySentinel@gmail.com](mailto:SobrietySentinel@gmail.com)

## Service Positions:

*Intergroup office phone volunteers needed  
Monday and Friday 5:30-7:30pm*

*12th Step Call List volunteers*

*Archives Committee Chairperson*

*Website Committee, support and volunteers*

*The Alcathon, support and volunteers*

*Volunteers to write for the Sobriety Sentinel*

If you need more information on how to fill service positions send an email to [sobrietySentinel@gmail.com](mailto:sobrietySentinel@gmail.com) and we will get you the information

## BROTHERLY LOVE

The principle of step 8 is brotherly love. In step 5 my sponsor and I sorted out two/ thirds of my amends list. Some are obvious others not so much sponsorship is most crucial at this step. This step is much more about repairing relationships. Keeping score of who is right and wrong no longer works for us. In fact I have made amends when I may not have been entirely at fault for the sole reason that it was necessary for the relationship. Here we are not thinking of ourselves we are thinking of others. Previously how I felt determined or justified my actions usually when those actions were harmful to others. Now that I don't allow myself to run on emotion I have a new code and know right from wrong. Brotherly love is the standard that I have to govern my actions by today especially when my emotions want to provide justification for behavior that I know to be wrong and contrary to our new way of life.

The promises...If we are painstaking about this phase of our recovery we will know a new freedom and happiness...This is the phase they are talking about the big payoff spiritually starts to happen right here right now.

Anonymous

15 years ago I was released from prison. I will never forget the feeling I had that day. I was in the passenger seat of a full size van, it was the most comfortable seat I had ever sat in. The windows down.....to feel the breeze on my face was incredible. The sun was shining. I couldn't believe how good blue jeans felt to wear again and how my converse felt on my feet. Nothing could wipe the smile off of my face. It could have been pouring down rain and we could have had a flat tire and I would have been grinning from ear to ear the whole time while changing it in the rain. I was FREE and soaking up every little thing.

I was forced to live with my parents until the courts approved a different living situation for me. I had no job, no car, nothing. I had to rebuild a relationship with my son that I had not seen in a while. I had restitution and court

## Deep Awareness

by Big Dave

costs to pay back and no way of doing that..... But none of that mattered that day. Why????????? Because I chose to look at the positives. I was free!!!!!!!!!!!! I was enjoying every little thing and not focusing on the big picture or rough road ahead.

Fast forward 15 years and somehow I can let having a flat tire ruin my day. I can let a little financial problems stress me out. Hmmmm. Today my life is so much better than the day I got out of prison. I should have no problems dancing in the streets ecstatic about my life. Today I realize that it is all about mindset and appreciation. Today I can make the choice to see God working in my life and all the things I'm grateful for, OR..... I can look at all the

things that are not going my way..... It's all about perspective and mindset. STOP TALKING ABOUT THE SHIT THAT IS BAD IN YOUR LIFE!!! Stop talking about your financial struggles. Stop talking about the horrible state of this great nation. Stop talking about the confederate flag issue and how upsetting it is. START TALKING ABOUT THE THINGS IN YOUR LIFE THAT YOU APPRECIATE and watch how much different you feel. This life is all about feelings, and we DO have the ability to choose how we want to feel. You and I both have a great deal to be thankful for. Allow yourself to feel that. Much Love, Big Dave.

P.S. Today is going to kick ass! Why? Cause I said so, and I choose to feel that way!

### *Our Whole attitude and outlook upon life will change.*

By Mickey B.

I am not sure how far along in recovery I was when this promise became evident. It was within my first year when I was flying on that pink cloud that all of us newbies were on. I was no longer waking up with sunken eyes needing another drink to get through. Instead, I had that glorious light in my eyes that we have all witnessed when a newcomer starts working the steps.

I recall that I was weightless and childlike with those who were counting days with me. The old timers took us out for coffee, dinner, a 4<sup>th</sup> of July celebration, a Halloween party, and of course New Years. I did not know how to act or talk to people without a drink and here I was learning as if I were a newborn.

I lived in a tropical paradise yet my drinking led to long nights only to sleep the day away. The ocean, beach, and sunshine were all incentives to move there yet I never went. My reality got reduced to work, drink, and pass out, repeat. I thought God dealt me a bad hand of cards and my life was tough. That hole in my soul became larger as time went on. Meanwhile it took everything in my bleak world to exist day to day. Thank God for that gift of desperation that made me walk into my first meeting rather than jump off my balcony.

I remember one day when I was waiting at the bus stop. I watched a few birds fly over the

bay and it was undeniably picturesque. Subsequently after that, I took note of just how heavenly my surroundings were. My world eventually clicked from black and white into vibrant color. I was in awe.

The steps revealed how to cope with life on life's terms and my attitude and outlook about life changed. I was not as quick to point the finger when something went wrong. I could comprehend when I was at fault in a situation and how fear played an enormous role. I learned to trust in a power greater and to let go of things. I understand that nothing happens in God's world by mistake and I ALWAYS learn something when I get to the other side of it. Recovery removed that hole in my soul and cultivated this compassionate person that I am today. For that I am grateful.



Tradition 8  
Alcoholics anonymous  
should remain forever  
nonprofessional, but  
our service centers  
may employ special

*Sometimes I am so overwhelmed with how bless I am that as I smile tears trickle down my cheeks. I was stuck for years feeling isolated and alone. Feeling like I was fighting this unique battle that no one understood; no one could relate to. How blind I was to reality. It feels like my hp has come down and removed the blinders. What I once saw in black in white I can now see in color.*

*We have all had ups and downs. We all have felt alone and isolated, stuck in self-pity. We go through difficulties in life. Today I realize that I don't have to do it alone. I can reach out. I can ask for guidance in life's difficult problems. I can pause and restart my day. I can listen to the different perspectives and stay open minded. I am growing in life like a weed in a garden that turns into a beautiful flower.*

*I am truly blessed today to have a loving and caring hp. To have friends to talk with when life gets difficult. No longer do I have to listen to the negative thoughts of yesterday. I can believe that I am beautiful on the inside and out. I have been given many opportunities in life and glad I can see them today.*

Patty A.

# Word Scramble

## GRATEFULLY BORROWED

1. emdarh

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2. Idei

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3. echetda

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4. uatlandimep

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5. degadam

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6. etddesyro

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7. ierjudn

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8. leasdm

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9. tlrcodoenl

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10. eecddidev

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11. ehpd

---

12. nshtoe

---

13. laoly

---

14. getinnleh

---

15. newer

---

16. areipr

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17. aleh

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18. tirced

---

19. lruthutf

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20. ifra

I Came To A Meeting Cause I Was Battling The Storm

I came to a meeting, all sad and alone,

So sick and tired, of the life I had known.

Aching and dying, deep down inside,

And feeling the pain, from the things I must hide.

They told me they loved me, and were glad I was there,

Who are these people, and why should they care?

But the more that I listened, the more I could see,

This room full of alcoholics, were all just like me.

I started to share, trying hard not to cry,

And I no longer felt like I wanted to die.

I wanted to live, but hadn't a clue,

Of what to say, feel, or do.

These people were sober, and would show me the way,

So I listened some more, to what they had to say.

They spoke of a God, and "just for one day,"

So I thought, "What the hell," and I started to pray.

They said "get a sponsor," and "keep coming back".

They said that a program, was all I did lack.

They said "Work the steps, or you're going to die".

So I got me a sponsor, and I started to try.

I shared with my sponsor, who I had become,

The people I had hurt, the things I had done,

He told me he loved me, and then shared with me,

The thing's he had done, and who he used to be.

That's when I knew, and could finally see,

That if I worked the steps, that I too could be free.

Free from booze, and feeling that way,

Free from obsession, just for today.

So I still try to listen, to what you have to share,

Tell you I Love You, let you know that I care.

Let you know I have found, a much better way,

It's working a program, we call it A.A.

It's sharing my experience, strength, and hope as I trudge,

It's living a life, and not holding a grudge.

It's sharing with newcomers, as they wander in,

And as they start to listen, they'll know they can win.

If we all really listen, to what's being said,

The things that are shared, the book that is read.

If we listen and learn, we will surely see,

How truly delightful sobriety can be.

### A Declaration of Unity

This we owe to A.A.'s Future:

To place our common welfare first;

To keep our fellowship united.

For on A.A. unity depend our lives,

And the lives of those to come.

## Come Support

The Office @ 6pm on Sundays.  
Primary Purpose Big Book Study

### Group 451 Women's Meeting

7-8pm @ Dardenne Presbyterian Church,  
7400 Highway N, Dardenne Prairie, MO  
63368

### We agnostics

Meets @ 7pm Tuesday at 212 club

If your meeting needs support or announcing new meeting please email so that we can put it in the upcoming newsletter.

### Groups Dissolving

Group 592 Tuesday 8pm Big Book Study. Good Shepherd United Church of Christ. 3115 Elm in St. Charles

This meeting has ended - Sunday 7pm, O'Fallon Christian Church, 9380 Veterans Memorial Pkwy, step meeting

## BIRTHDAYS

### Group 77

Pat S. 19 Years  
Jeff C. 14 Years  
Jim L. 2 Years

### Group 4094

Deb D 13 years  
Tom N 13 years  
John S 8 years  
John B 1 year

### Group 228

#### June

Dale H. -- 4 years  
George L. -- 6 months

#### July

Terry B. -- 5 years  
Debbie O. -- 9 months  
Deb D. -- 13 years

### Contribution:

Groups: 919, 164, 4094, 194, 77, 589,  
979, 632, 124, 762, 340, 308, 135,  
Dist 14, The office

## Save the Dates



**SWR FORUM**  
HOSTED IN ST. LOUIS  
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Sheraton Westport Chalet Hotel • St. Louis, MO  
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- A.A. Grapevine/La Viña Discussions!
- Lots of Sharing Sessions!
- Group Discount Hotel Rates!
- All A.A. Members Should Attend!

DELEGATES TO THE GENERAL SERVICE BOARD

FOR MORE INFORMATION AND HOTEL DISCOUNT RATES: [swrforum.org](http://swrforum.org)



**30th Annual Potluck Dinner**  
group #356  
**September 27, 2015**  
"the best potluck in town"

fellowship 5:15  
dinner 6:00  
speaker meeting 7:00

Assumption Catholic Church 4725 Mattis Road  
63128

### Upcoming Event

#### ALCATHON

Sponsored by: Tri-county Intergroup  
New Year's Eve  
Look for Flyers Coming soon

If you have a meeting that does fellowship afterwards or an upcoming potluck please send the info to [sobriety sentinel@gmail.com](mailto:sobriety sentinel@gmail.com) so we can publish it in the next issue. Keep in mind the Newsletter is distributed at the Secretary's meeting the second Thursday of each month.