

# Sobriety Sentinel

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

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

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

Intergroup Office Manager

Website Committee, support and volunteers

Activities Committee,

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

*"Were entirely ready to have God remove all these defects of characters." Rhonda U.*

Thankfully step 2 and step 3 addressed my willingness to do something differently. After completing steps 4 and 5, I was left with my own yuckiness. My self-centeredness was extreme, my self-righteousness, glowing and my dishonesty glaring! I was very willing to ask God to remove or at least make me aware daily of my self-centeredness. Self-righteousness was embarrassing so I promptly gave him that as well. But when it came to gut wrenching honesty, I drew the line. How would I be able to function? I have a false self and I do not want you to see my insecurities. I am propped up by my lies. No, on my first round of step 6 I put dishonesty on my "not



yet" column. I was told this was ok. Step 1 is the only step that needs 100%. In reading step 6 in the 12 x 12 I wanted to "settle for only as much perfection as will get me by in life." I did that until I gained enough faith to turn over dishonesty. It wasn't until my dishonesty became so objectionable to ME, that I was able to do so. And oh what a relief step 6 brings! Truly a new freedom! The longer I'm blessed to be here, the more significance this step plays.

## Wisdom From Our Sponsors

I had been complaining to my sponsor about how no one else would pitch in to do housework. I would get so angry and do it all myself and then have a resentment toward my family. She told me that if the dirty house bothered me then clean it and if I could live with the mess leave it, but to stop expecting others to do as I wish and then be pissed when they didn't do what I wanted. When I was able to put that into practice it relieved a lot of tension in our house and a lot of resentment. I still use that tool to this day. If I want something done and no one is willing to help either do it without complaining or don't do it. *Jennifer R*

**AN A.A. GROUP OUGHT NEVER ENDORSE, FINANCE OR LEND THE A.A. NAME TO ANY RELATED FACILITY OR OUTSIDE ENTERPRISE, LEST PROBLEMS OF MONEY, PROPERTY AND PRESTIGE DIVERT US FROM OUR PRIMARY PURPOSE.** *By J. Money*

My home group wanted to purchase a box fan. (Because it's hot as H E Double Hockey Sticks) in the room we meet. I thought of this tradition. I got all kinds of readings on this tradition stuck in my head so I chose to TRY to be quite after I brought it up. It does not seem to me we need to take money out of basket to buy a box fan. After thinking about a box fan for a day or so (many four days) I found the quote from Bill Wilson below. I realized this is funny. As it states in the quote. It's about the message not the handouts. The reason I think it is funny is because I had SO MANY problems when I came into AA. I burnt my life to the ground over and over again. Almost two years later and I am sitting in a meeting talking about a box fan. I need to worry about carrying the message and not a box fan. I do not have a box fan whole in me nor the box fan god. Letting my head go without bringing it up to anyone let

me turn my will and my life over to the care of the box fan as I understand the box fan.

"The core of AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions. Trivial indeed, our expenses!"

From The Grapevine, May 1948

Long story short. From trying to read and learn tradition 6 I learned that "stuff" is not that important.

## WILLINGNESS

Willingness is the principle of step 6. One could argue that willingness is needed for all of the steps and this is true. However this is the step that separates the men from the boys. Or the women from the girls. After having completed steps 4 and 5 we are free from old baggage and ideals that were formed when we had bad perspective. Compounded with the fact that we invested so much time energy and effort to stand our ground with those same ideals change simply was not possible without adjusting our perspective thru step work.

This is the second tier of recovery in my opinion and it takes an immense amount of willingness to squarely confront our major defects of character. They say stop doing what I was doing and do the opposite. If one of my defects is gossip I need to resist the temptation and learn to shut my mouth this is growth at this step. If another is financial irresponsibility I may need to take a second job, create a budget and stick to it or both. Maybe we uncover that we have problems other than Alcoholism, seeking help for those issues is working this step. It is often suggested that we stick with the winners it is obvious who has taken this step serious versus not. The promise of step 6 is self-esteem.

## In Love with the Program

I was asked to share a few words on service work. I have been fortunate enough to have served on several committees during my sobriety and in every case this is where I have met the folks with quality recovery. Another little secret about service work is that people who are engaged in positions of service don't get drunk. (With few rare exceptions) Recovery without service work is like sex without love, selfish and unfulfilling. There is a huge misconception that someone else will do it and unfortunately the fact is this is not true. When we don't do our job an alcoholic who is seeking recovery is the one

who suffers. When we have all of our service positions filled and able to help the incoming people during rotation we are at our strongest and alcoholics seeking recovery benefit and lives are changed. They say one alcoholic will ruin the lives of five people. Consider the spouses, children, and parents you could bring relief to just by going to your group representative meeting and joining a committee. This is a program of we and lately we have been standing on the shoulders of a tired and worn out few. It's your turn to step up and be in love with the program that saved your life.

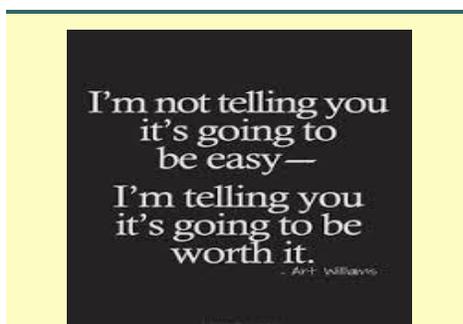


### In all my affairs *by Patty A*

When I step back and see my higher powers plan it always makes sense. While I am going through it not so much. Around Feb I started a job that I was proud of something I thought I wanted since I was 18 years old. I felt like I was there for a reason. Each day I got up at 3:30am to go to work. Anyone that knows me knows I am not a morning person. The first week was good but then the slippery slope began. The people I worked with primarily started beating me down it's like they saw where my fears were and twisted and turned. I left everyday not feeling good enough, not fast enough, a disorganized mess. The other people around me saw it and a few would lift me up when I was feeling down but if I got caught talking to them my workload got heavier. So I let them dull my shine. I let them live in my head rent free. But this program taught me to keep coming back, do the next right thing and reach out to someone I trust and allow myself to be vulnerable. I kept going bags under my eyes, hands swollen, and banged up bruised up from head to toe. It got to the point where I felt like I needed to prove my worth to these women. One day it clicked I have choices. I could stay in my will and keep pushing or I could walk away from the toxic environment. That is a choice I never had during my active years. I was losing the gift my hp had given me when I got sober. I could not draw or write because

*"The feeling of uselessness and self-pity will disappear."*

Wow that is one of the promises this alcoholic never thought would ever be removed. Useless and self-pity, I felt nothing but self-pity and uselessness. I could not find my own self-worth or use when I entered this program. After some time in the program and working the steps I was able to find that usefulness I always thought I had. In looking back I was not useful to anyone, not my family, my employer or myself and when I say that I was full of self-pity I mean 5 gallons of stuff in a 3 gallon bucket full. "We" got thru all the B.S. that this disease tells me and when I say "We" I mean "We" because without you guys and my HP this feeling would not have been removed. When I was drinking I thought that everything I did was useless. The self-pity ran rampant everything that was done I thought was against me, what my boss did what my co-workers did yes even what my wife. Did was to make me feel like less of a person. All I could say was pour me pour me pour me another drink. The bottom looked so far away but that was just me looking at the bottom from below it. Yes I found the bottom but my shovel said "I can dig it lower for you". The things I have learned through the recover process is been



surmountable the feelings of self-pity was removed not everything or everyone is out to get me, yes things can be difficult yes thing are hard but they are not out for blood... at least not mine. I have become very useful in other peoples recovery and that is a big thing I thought no one liked me that I was a loser or failure. That was the disease talking not everyone else. You too can find your own worth it may not be a monetary worth but you can give spiritual worth and emotional worth. As always I leave you with this though "trust the process this too shall pass", I'm not going to tell you it will be easy but it will be worth it, **Rule 62 "don't take yourself too serious"**.

my hands were in so much pain. I was missing meetings and commitments. Then the words popped in my head. How important is it? Is it worth losing the gifts I had been given. Was I willing to let my program become a second in my life? To that meant I would surely drink. So I resigned from the position. I gave my two weeks and despite my want to just walk out during that time I stuck through it.

The next several weeks after this I became isolated and started feeling unworthy. I was full of fear and regret.

Now here is where the miracle comes in to my life. I was able to take some time to start working my steps dig deeper with my sponsor. I was still able to work with others in the program. One of the ladies I worked with and trust decided it was finally time to move on. She was feeling the same way I was and on my last few days she was offered a position at another office and is now grateful. I was there to share my experience, let my strength of moving on help her find the strength within her, and the hope of something better on the horizon. Working the program in all my affairs has been a blessing. As for me, after getting centered in the program and looking what is important to me and clearing out some more of the wreckage of the past my hp has guided me to a new journey. Today I feel blessed and grateful.

#### *SPONSOR ONE LINERS*

*"BE YOUR AUTHENTIC SELF."*

*3 C'S DIDN'T CAUSE IT, CANT CHANGE IT CANT CONTROL IT.*

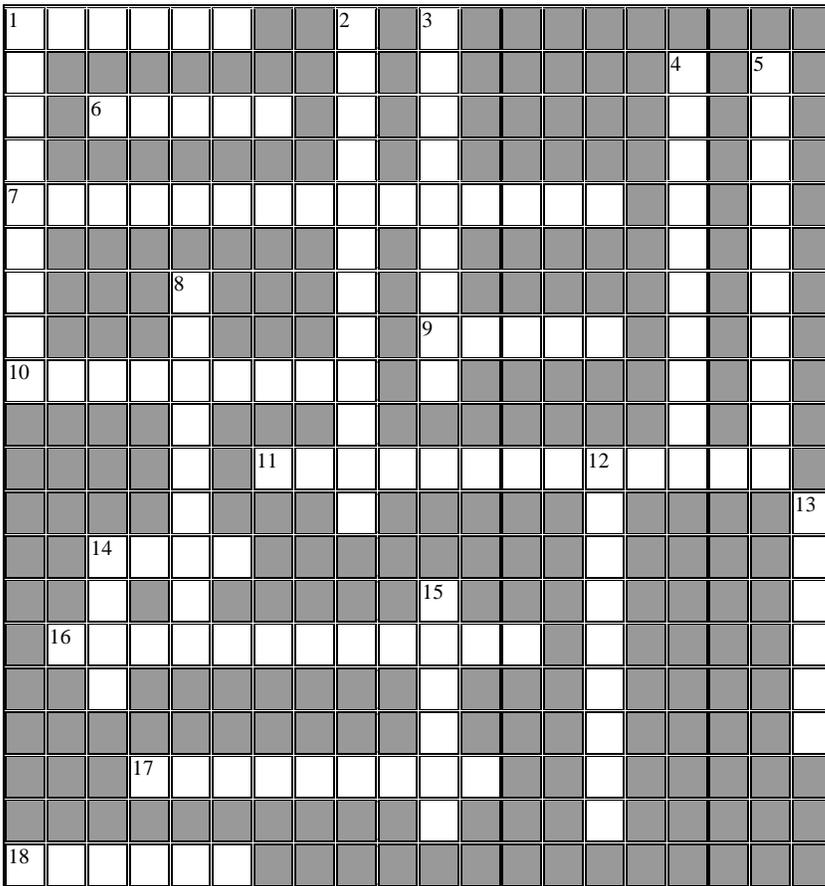
*SOMETIME WE HAVE TO LEARN TO ACCEPT HELP, NOT JUST GIVE HELP"*

*HOW FREE DO YOU WANT TO BE?"*

*PAUSE, PRAY AND PROCEED*

*WAKE UP AND CHOOSE JOY!*

# Defects and Attributes Crosswords by Larissa



## ACROSS

1. Shortcoming or imperfection
6. To prepare/ available for use
7. Justification making self-satisfying
9. Take pleasure/ delight/ feel or express joy or satisfaction
10. Too much/ beyond a reasonable limit
11. Doubt/ limitations/ expectations/ restrictions on conditions
14. Face Everything And Recover
16. Failures. Lacking in concern or due care
17. Uncertain or indecisively
18. not prideful/ modest/ not exaggeration ones worth or importance

## DOWN

1. Worth doing or worth seeking, as by being useful
2. Frame of mind or spirit to consent or comply
3. A person's emotional, mental, intellectual qualities/ personality
4. Being free from all defects
5. Aim, goal target, purpose intention
8. Stubborn, difficult to manage or control/ unwilling
12. Natural urges or impulses
13. Mercy, Devine love
14. Release from captivity or confinement
15. accepted beliefs of right and wrong, good or bad

## MATURITY

## GRATEFULLY BORROWED

Simple! We meet with others often and pray,  
"God protect me from drink today."

And . . .

We do not drink when it is dark.  
We do not drink while in the park.  
We would not drink while with a fox.  
And would not, could not from a box.

We could not, would not in the rain.  
And never ever on a train.  
We would not drink while on a boat.  
Even if we wear a coat.

We drink no longer in our own house.  
We do not drink while using a mouse.  
We do not drink while on a phone.  
And we don't drink when we're alone.

We do not drink either here or there.  
We do not drink anywhere.  
It's just as simple as can be.  
We do not drink at all, you see!

And we say "Thanks" to Whom we pray.  
That's how we say sober every day!

Bob Martin – With respects to Dr. Seuss!

The mature person has developed attitudes in relation to himself and his environment which have lifted him above "childishness" in thought and behavior.

My Mind Is My Garden,  
My Thoughts Are My Seeds.  
I Will Harvest Either Flowers or Weeds.

Some of the characteristics of the person who has achieved true adulthood are suggested here:

1. He accepts criticism gratefully, being honestly glad for an opportunity to improve.
  2. He does not indulge in self-pity. He has begun to feel the laws of compensation operating in all life.
  3. He does not expect special consideration from anyone.
  4. He controls his temper.
  5. He meets emergencies with poise.
  6. His feelings are not easily hurt.
  7. He accepts the responsibility of his own actions without trying to "alibi."
  8. He has outgrown the "all or nothing" stage. He recognizes that no person or situation is wholly good or wholly bad, and he begins to appreciate the Golden Mean.
  9. He is not impatient at reasonable delays. He has learned that he is not the arbiter of the universe and that he must often adjust himself to other people and their convenience.
  10. He is a good loser. He can endure defeat and disappointment without whining or complaining.
  11. He does not worry about things he cannot help.
  12. He is not given to boasting or "showing off" in socially unacceptable ways.
  13. He is honestly glad when others enjoy success or good fortune. He has outgrown envy and jealousy.
  14. He is open-minded enough to listen thoughtfully to the opinions of others.
  15. He is not a chronic "fault-finder."
  16. He plans things in advance rather than trusting to the inspiration of the moment.
- Last of all, we think in terms of spiritual maturity:
1. He has faith in a Power greater than himself.
  2. He feels himself an organic part of mankind as a whole, contributing his part to each group of which he is a member.
  3. He obeys the spiritual essence of the Golden Rule: "Thou shalt love thy neighbor as thyself."

*This piece on Emotional Maturity was found in a small tract published by an Alcoholics Anonymous group from Akron, Ohio. Its author chose to remain anonymous.*

