

# Sobriety Sentinel

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

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

**"ADMITTED TO GOD, TO OURSELVES  
AND TO ANOTHER HUMAN BEING THE  
EXACT NATURE OF OUR WRONGS"**

I was driven to A.A. by circumstance rather than virtue. Therefore, prior to writing this article I simply asked a close friend in the program, and my sponsor if they had any words of wisdom to share. There was some good in me before sobriety, but I was confused about what parts those were. With three years since my last drink, the humbling realization of my first thought being wrong is still quite fresh on my mind from before and after becoming sober. So when reacting somewhat sane during the course of my day, I still seek opinions from others. Specifically, from my sponsor or someone else who truly works this program in their life on a daily basis. Probably because they inspire me to continue to grow through experience during good times and bad.

My experience (although not in all cases) was one of sudden and spectacular upheavals. It is important to note that after any step we cannot have any expectation. Everyone's journey is different and specific to their circumstance. However, I clung to the H.O.W. of the program and decided to take on the Fifth step with honesty, open-mindedness and willingness. It is written that willingness is indispensable, and I wanted to have a real psychic change like the, "Dr.'s Opinion" states. If I am honest enough to see that my decisions continue (even sometimes) to damage myself and others, and I truly want to change maybe I should share that with my Higher Power and another person who can call me out on my rationalizations. A close friend of mine told me that someone near and dear to him once remarked, "If I only tell you half of the problem; the *absolute* best that you can give me is half of the solution. But if I tell you [with 100% honesty] 100% of the problem, *at least then I have a chance* at the entire solution." I don't know about those of you who read this, but when I hear someone say, "How free do you wanna be?" I start thinking about serious freedom, like, free from bondage of self-type freedom.

Then after, "admit[ing] to God, myself and another human being the exact nature of [my] wrongs," I began to see where I was at fault, better yet, the obstacles in my path blocking a new relationship with my Creator. The Big Book clearly states that, "solitary self-appraisal is insufficient." So, in other

When I continue to live life on these terms today, rather than struggling to make life meet my demands, I proceed to be as free as I want to be. They say God moves mountains, but you're a\*\* better bring a shovel. Therefore, clear away the wreckage of your past so you may have the opportunity for a better understanding of your higher power.

Today I have a real chance for freedom from holding onto resentment, freedom of running from fear, and freedom of not realizing the hurt I cause in my wake.

Light and Love,



words it is not enough for me to judge my own actions. It's no coincidence the chapter titled, "Into Action," is where that passage is located. After my Fifth step that is where my personal spiritual awakening began to show itself strongly, largely in part to the actual work completed during the fourth and fifth steps. I do not want to take the chance of drinking, over skipping this vital step.

What I realize now is that my sponsor did a few remarkable things that were very foreign to me at the time. During my fifth step, which probably took close to 6 hours, all I really remember is that we started around noon at a park, and it was dark before we were finished. He didn't judge me, nor did I feel judged. He didn't reprimand me where I had made mistakes. I wasn't given instructions on what I should have done instead. It must have had a very humbling effect on me, because all I really felt was relieved that someone knew ALL of me, and I was still accepted in spite of all the things I'd done. He used examples in his past for me to feel that we were one in the same.

When it was all over he had specific instructions pertinent to the steps I had taken, and the forthcoming steps. I was worried about amends, and he said ridiculous things like, "We will worry about amends when we get to that step." Looking back I see that the fifth step enabled me to get current and stop living in the past. When we finished he helped me to not try to live in the future. I got current on the events of my life with my sponsor and I was able to be present amidst life. I truly began to appreciate more things for what they were, be more understanding of others, and most of all feel more connected with my fellow man and my higher power.

Now granted, those things were not all easy to talk about. However, what emerged from the difficult subjects was a profound change in my reaction to life. Seeing my own faults, not others, and knowing that my higher power has already forgiven me, had granted me the opportunity to forgive myself. It goes without saying that this laid groundwork for much more self-searching.

Welcome!  
There is a solution



May 2015  
[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*

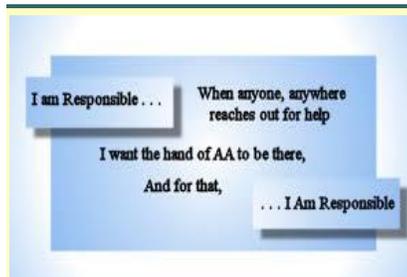
*Archives Committee Chairperson*

*Website Committee, support and volunteers  
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



## INTEGRITY

The principle of step five is integrity. My sponsor told me the reason we had to share this step with another person was to keep it honest. If I review it by myself I will minimize items that need serious attention as well as exaggerate other items that are not a big deal at all. This is for many of us the first time we look hard at wrongs we have and may be currently committing as well as allowing someone else to confront and challenge our twisted rationality. Integrity is defined as doing the right thing when no one is looking. Living by the principle of integrity can be linkage to the capacity of how intensely I can feel my relationship with my higher power. By willingly participating in this process we get back a piece of something that we gave away a long time ago and that is self-respect. Which is why I would argue self-respect is the promise of step 5.

*Anonymous*

## Jimmy Burwell Saved A.A. for ME!

During my decade in A.A. I rarely heard the name Jimmy B. I must have read "A Vicious Cycle" 100 times, and talked about the founders of A.A. even more, and yet that name never resonated with me. Until now!

I lived most of my years growing up as an orally abusive anti-god spokesperson, even though I was baptized into a religion. I spent my first couple of years in sobriety trying to figure out that elusive Higher Power. Then one day, I went full "Fake It until You Make It". I jumped headfirst into the religion of my upbringing. Going so far as to make attempts and inquiries to become a member of the clergy. I was the paradigm of the faithful! I wanted to save souls in A.A. and teach them the error of their ways of faith. I spurned the warnings of friends and fellows and angered those around me with my constant badgering to bring them into the fold of my faith. Then a personal tragedy and a moment of

clarity, at 5 years sober, brought me home to my personal, lifelong truth: I'm NOT a Believer!

I wandered and hid "in the rooms", keeping my personal revelation and revolution to myself. I had the feeling that I would be ostracized and shunned from A.A. circles and gatherings. I was lost and on the edge of leaving this life saving fellowship.

One Thursday, at one of the regular meetings I attended, a friend made a personal admission of himself. I was proud of him and felt the shame of my lack of courage to do the same. It took a week of long and focused contemplation and meditation for me to finally work up the courage. Then BAM! "I'm an Atheist!" came pouring from my mouth, and I choked the tears of happiness back. I was finally able to be free of my "not so" secret. My admission was met with thank

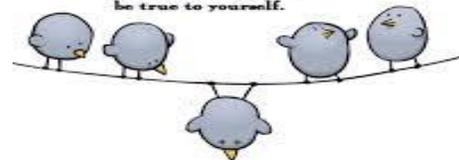
you's and handshakes for being honest.

Since then, I've read tons of stories on Agnostics and Atheists who have felt the same as I did and do, and how to live free in rooms filled with believers. I learned how to not condemn like I did as a fake believer, but to prop up and help the people whose beliefs are contrary to my own.

Jimmy B.'s story finally made sense! He saved A.A. so that this Atheist could get sober with "We". He taught me how to find my voice and how to truly live our motto of "To Thine Own Self Be True!"

### Be True to Yourself

open your eyes  
to the beauty around you,  
open your mind  
to the wonders of life,  
open your heart  
to those who love you,  
and always  
be true to yourself.



**“EACH GROUP HAS BUT ONE PRIMARY PURPOSE -- TO CARRY ITS MESSAGE TO THE ALCOHOLIC WHO STILL SUFFERS.” BY J. MONEY**

Our co-founder Bill W. said that it is better to do one thing well than many things bad. If you go to Youtube there is a beautiful speech from Bill Wilson on this tradition. It means that when I'm in a meeting, I can't fix someone's depression, marital problems, financial problems, etc. I can only do one thing well, talk about my experience with alcoholism. That I am an expert in. I hear people in meetings all the time. You can't talk about drugs here then turn around and talk about their x-wife for the 100<sup>th</sup> time. When I think of this tradition I think.....Some are sicker than other. And this is very true. Take me, for example, I work a serious program and still receive outside help. I need all the help I can get and encourage others to do the same. We can't save the world. We have one primary purpose, to carry the message to the alcoholic who still suffers.

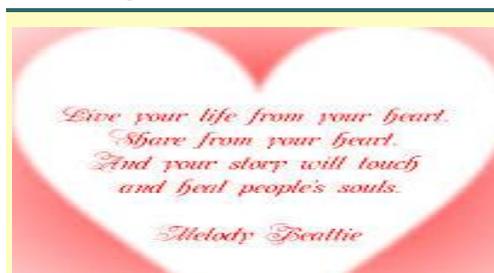
The Washingtonians tried to save the world, first drunks, then they got into the abolition of slavery, the temperance movement, all sorts of thing, and they collapsed.

“We had almost discovered the answer to alcoholism” ...“Had they stuck to their one goal, they might have found the full answer” (AA Comes of Age, pgs. 124, 125)

“Better to do one thing supremely well than many badly... but one high mission – to carry the AA message to those who don't know there is a way out” (12 x 12, pgs. 150-151)

***No matter how far down the scale we have gone, we will see how our experience can benefit others.”***

No matter how far down the scale we have gone, we will see how our experience can benefit others.” For this alcoholic the scale was very unbalanced in the beginning. I could have been labeled as a low bottom drunk. Later in life, I could have been labeled a high bottom drunk who has a good job, a house, cars all the material thing we were told we should have, either way I was still a drunk. The experiences we share hit people differently. If you look around the rooms we see many different people women, men, black, white, gay or straight. You may think that your experience has no way of helping this person or that person, but guess what? It says our experience can benefit others. You may have been a drug dealing biker or a housewife with an outwardly looking perfect life but we all have similarities. The experience you have may help that person in a way that you never thought of. The newcomer that is scared thinks he or she has nothing in common with you because you may not have the same past but every experience that you share maybe the same thing another person has gone or going thru. I have heard from many people you have told my story and



I don't even know you. When we share our experience we help people that never tell us but they keep coming back. That spark that we get from this program is very bright. That experience you keep to yourself may be just what I need to hear, the only bad experience is the one that is not shared. Remember we are only as sick as our secrets. The experiences we have makes us the people we are. Share from the heart give all you have to this program it is for those that work it not those that want it or even need it. I will leave you with this build the life that you don't want to give away. You are worth it!

*By Anonymous*

**WHAT ADVICE DO YOU GIVE NEW MEMBERS?  
IN OUR EXPERIENCE, THE PEOPLE WHO RECOVER IN A.A. ARE THOSE WHO:  
(A) STAY AWAY FROM THE FIRST DRINK;  
(B) ATTEND A.A. MEETINGS REGULARLY;  
(C) SEEK OUT THE PEOPLE IN A.A. WHO HAVE SUCCESSFULLY STAYED SOBER FOR SOME TIME;  
(D) TRY TO PUT INTO PRACTICE THE A.A. PROGRAM OF RECOVERY;  
(E) OBTAIN AND STUDY THE BIG BOOK, ALCOHOLICS ANONYMOUS.  
A NEWCOMER ASKS PAMPHLET**



## Come Support

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

NEW MEETING! The Office @ 2pm on Sundays. Rotating format

### 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.

## Save the Dates

AN AA CONVENTION WITH AL-ANON PARTICIPATION

7<sup>th</sup> ANNUAL  
**SPRING FLING CONVENTION**  
"ACCEPTANCE IS THE ANSWER"  
MEMORIAL DAY WEEKEND  
May 22-24, 2015

**SPEAKER LINE-UP:**  
FRIDAY EVENING\* 8:00pm  
Astrid N. - Grands Hills, CA  
SATURDAY MORNING 8:00am  
Al-Anon Workshop  
SATURDAY MORNING\* 10:00am  
W.C.L. - Belvidere, IL  
AL-ANON LUNCHEON\* 12:00pm  
Michele B. - Diggins Ferry, PA  
SATURDAY AFTERNOON 3:00pm  
AA Workshop  
SATURDAY BANQUET\* 6:30 pm  
Bob D. - Las Vegas, NV  
SUNDAY BREAKFAST\* 9:00am  
Terri K. - Woodville, OH

**THE DOUBLETREE HOTEL  
NEAR WESTPORT**  
Room Rate \$69 through 5/15/14  
Mention Spring Fling for Reduced Rate (866)786-8088  
1973 Craigshire Road  
Saint Louis, MO 63146  
See website for map

Robby S. 314-757-0357  
Debra V. 314-825-1957  
www.springflingstl.com  
PayPal Registration - [www.springflingstl.com](http://www.springflingstl.com) - On-Line Room Reservations

PLEASE REGISTER EARLY!  
CONVENTION REGISTRATION FORM (copy at meeting)  
\*Free on-site and mobile Spring Fling Convention. PO Box 2222, St. Louis, MO 63106. Complete response form for each individual registrant, which is REQUIRED FOR ATTENDANCE. Make check money order payable to RSC.  
\*Phone: AA - Al-Anon; AA - Al-Anon; AA - Al-Anon  
\*Fellowship information below also applicable to mobile meeting about a week from the Spring Fling event.  
\*Email: [Registration@springflingstl.com](mailto:Registration@springflingstl.com)  
\*Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*Entertainment for the deaf and hard-of-hearing? Call Special Needs Team  
\*Out of fee arrangements for mobile registration is May 25, 2015  
\*STAY TOGETHER AT RANGERS! REGISTRATION FORM MUST BE SUBMITTED TOGETHER.

**CHUCK UP AA SOBER CINEMA**  
NOW PLAYING.....

**BILL W.**  
A documentary about the cofounder of  
Alcoholics Anonymous

ATURDAY MAY 16<sup>TH</sup> @ 8PM | DOORS @ 7:30  
BRIDGEWAY ST. PETERS | 2120 Parkway Dr.

Popcorn and Concessions for Sale

contact: Megan (314)484-1698 Damon (314)484-8454

TICKETS \$5

## BIRTHDAYS

### Group 77

March  
Kim L 3 Years  
Bob W 31 Years  
April  
Nick B 6 Years  
Group 919  
Charles M 28 Years  
Group 384  
Megan K. 1 Year  
Group 228  
Debbie O. 6 Months

### Group 1022

Chris S. 10 Years  
Group 124  
John K 30 Years  
Group 130  
Bill P. 24 Years  
Gordon H. 10 Months  
Vicky D. 30 Days  
Michelle W 60 Days

### Group 915

Patty A 2 Years  
Group 370  
Matt A 3 Years  
Abram C 60 Days  
Leo A 2 Years  
Group 4094  
Corey C 21 Years  
John J 10 Years  
Steve H 4 Years

Hence, an A.A. service is anything whatever that helps us to reach a fellow sufferer—ranging all the way from the Twelfth Step itself to a ten-cent phone call and a cup of coffee, and to A.A.'s General Service Office for national and international action. The sum total of all these services is our Third Legacy of Service.

P-44 - A.A.'s Legacy of Service

### Cabins are full

Keep It Sober Sister  
22<sup>nd</sup> Annual Women In Recovery  
Camp & Float Trip!  
June 26, 27, & 28 2015  
Riverview Ranch Bourbon, MO

**SCHEDULE OF EVENTS**  
Friday: Arrive anytime Friday for tent or RV set-up. 4:00 pm check in for cabins.  
6:30pm Welcome Celebration  
8:30pm Dinner at Riverview Ranch  
9:00pm Campfire AA Speaker Meeting  
9:30pm Campfire AA Topic Meeting  
Saturday: 8:00am Breakfast  
8:30am Morning Meditation & Daily Reading  
10:30am 5 Miles Trail Run or walk. BRING LUNCH  
5:00-6:00pm Dinner at Riverview Ranch Restaurant  
7:30pm Sobriety Countdown, Complete AA Speaker Meeting  
9:30pm Glow Stick Dance Party  
Sunday: 8:30am Breakfast  
9:00am Campfire AA Meeting & Spiritual Speaker  
10:30am Mediated Wrap-Up & Clean up

**NO REFUNDS!**  
NO PET'S (unless service dog)  
NO KIDS  
NO PREGNANT  
If you are on an restricted or special diet please bring your food with you.  
All cabins are non-smoking.

**WEEKEND PACKAGE PER PERSON**  
Includes all meals (except lunch on Saturday), coffee, "brunch" breakfast, meetings, float and use of showers, pool, etc.

**CHECK ONE**  
PRICE INCLUDES PER PERSON  
Tent \$45.00  
Mini Cabin\* \$65.00  
Large Cabin\* \$85.00  
RV\*\* \$70.00

\*Tentage must be provided to reserve your cabin. Cabin availability is limited.  
\*\*RVs are \$10 for weeks per site.

**REGISTRATION FORM - ONE FORM PER PERSON**  
REG. DATE: JUNE 14, 2015  
Full Name: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_  
Phone No.: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_

**PRE-ORDER T-SHIRTS (\$10.00 each)\***  
Small \$10.00 Medium \$10.00 Large \$10.00 X-Large \$10.00  
Name: \_\_\_\_\_  
Note: If you pre-order t-shirts for your T-shirt when you check in at registration. A limited quantity of extra shirts will be available to purchase at the last stop.  
QUESTIONS? Phone: 314-418-6462 E-mail: [info@womeninrecovery.com](mailto:info@womeninrecovery.com)

**MAKE CHECK/MONEY ORDER PAYABLE TO WIR, INC.**  
MAIL TO: WIR, INC., PO Box 1792, St. Charles, MO 63302

"Celebrating 80 years of Recovery, Unity, and Service-The Foundation of Our Future!"

MISSOURI STATE CONVENTION  
64<sup>TH</sup> Annual  
JUL 31- AUG 2, 2015

WEEKEND PROGRAM

| FRIDAY                                      | SATURDAY   | SUNDAY                  | FEATURING  |
|---|--|-------------------------|--|
| Kayla A. Missouri Valley, IA                | Curt C. Peoria, MO   | Kayla D. Peoria, MO     | Priscilla Oakes<br>Tara R. Evans<br>Lynn T. Jones<br>Bonnie M. Jones |
| ANGIE HENNING<br>ALANON<br>ALANON<br>ALANON | CSO Speaker<br>Alanon speaker<br>CSO Workshop<br>Job A. Chittenden, OH | BILL B. - Woodville, OH | Alcoholics Anonymous<br>Alcoholics Anonymous                         |

Visit our website at [www.mssc2015.com](http://www.mssc2015.com)

MISSOURI STATE CONVENTION REGISTRATION FORM  
\*Make check/money order payable to: MISC, PO Box 2222, St. Louis, MO 63106  
\*Change the date you register to include any other dates you wish to register. \*Make check/money order payable to MISC.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Registration Fee: \$20.00  
Meal Fee: \$10.00  
Tent Fee: \$45.00  
Cabin Fee: \$65.00  
RV Fee: \$70.00  
T-shirt Fee: \$10.00  
Total: \_\_\_\_\_

### Upcoming Event

WINNERS PICNIC  
Sponsored by: Tri-county Intergroup  
Will be held Aug .8<sup>th</sup>  
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.

## SAVE THE DATE

WHEN  
Oct 1<sup>st</sup> - 4<sup>th</sup>, 2015

WHERE:  
Saint Louis, MO

Registration and Hotel details to follow, check the website and register for email updates at:

WWW.NAATW.ORG

Web Sites - eServices - Bulk Email - Mobile NOW  
Meeting Search - Area Technology Service - Ways to Manage Content - Improvements in Mobile Apps  
Cloud Storage and Backup - Web Management



NATIONAL ALCOHOLICS ANONYMOUS TECHNOLOGY WORKSHOP

BENEFITING  
Intergroup  
Area Committees  
Districts  
Public Information  
Contact Services  
Bridging the Gap  
Meeting Directories  
Meeting Search  
Programmers  
Webmasters