

Sobriety Sentinel

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

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

“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 POWER TO CARE THAT OUT.”

Before walking through the doors of AA for the first time, prayer was not at all a part of my daily life. I had no concept of a Higher Power, of God, of a dedication to anything beyond drinking, manipulating, and engaging impulsive behaviors in order to get my way. I couldn't see that at the time. In my mind, I really wasn't all that bad. I'd recently gotten fired from a bar in the middle of a shift and passed out on the floor of a frat house next to a stranger when I'd vowed to try some "controlled" drinking. But with some space between who I am now and who I was then, I realize that those behaviors had in fact become normal for me. Drinking had rendered me incapable of seeing the true from the false. I thought I could somehow pass for a "normal" drinker because the insanity of drinking had become normal.

When I was brand new to a sober way of life, I was told not to worry about Step 11 just yet. You have different fish to fry when you're new. For example: turning your entire will and life over to the care of some sort of mystical, ambiguous Higher Power. Writing down everything you've ever been resentful about in your entire life, sharing it all with someone, and then talking about your defective behaviors in those resentments. Addressing all of your defective behaviors and then asking said mystical Higher Power to remove them. Going to every person you harmed throughout your drinking and admitting you were wrong. Taking personal inventory every day and again when wrong, immediately admitting it. No big.

God has to tell me. It helps me to be in the moment--to be right where I am, in a space where I am 100% safe and loved, for no other reason than for the fact that I am me, I am myself, I am somebody. I sit quietly and peacefully, just me and My God. My God's got my back. I'm wrapped in safety, and I never have to go through anything alone ever again.

Today, Step 11 has brought me to a loving God who wants me to be happy, joyous, and free.



I trusted people in AA when they said things would get better, and I still have no idea why. Were these people really sober? Had some of them really not picked up a drink or a drug for months, even years? Even if that were the case, that would never be me, I thought. I couldn't live without alcohol. But they told me that if I kept showing up to meetings and working the steps with a sponsor, I'd begin to feel better. Not only that, but I'd truly develop what they had: trust in a Higher Power. Today, I've discovered that I can live without alcohol. But I can't live the life I'm meant to live without faith in my Higher Power.

For me, like the AA Big Book says, prayer has become like water. It's a vital necessity that I need to start and end my day. I begin and end each one the same way: on my knees asking God to help me stay sober, and thanking God for keeping me sober. When I pray, I talk to God. I ask for my fears, resentments, and insecurities to be removed so that I can be of maximum service to others. This reminds me of my primary purpose today: to stay sober, and help another alcoholic to achieve sobriety. Meditation is for listening to what

Welcome!
There is a solution



November 2015
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 and we will get you the information



SPIRITUALITY

The principal of step 11 is spirituality. Spirituality can mean many different things to different people having worked the first ten steps we are now primed and ready to grow spirituality and we are like a sponge able to realize spiritual growth out of almost anything we put our effort into Nature, various religions, or even metaphysical. About the largest thing we come to in awareness is that at some level everything in this world has a spiritual connection to it including our problems. Having a choice of solving these problems with the limitations of man or taking a spiritual or even transcendent approach. Whatever our spiritual path, the biggest thing we learn right off the bat is how much we don't know. The promise of this step is emotional sobriety. I have seen people go to ridiculous or even absurd lengths in the quest for the all elusive emotional sobriety when simply working the steps in order with a sponsor will deliver this precious gift.

NEWCOMERS CORNER

If you are reading this....Thanks for sticking around and getting interested. It isn't the easiest thing walking through these doors. We all have our reasons. Some of us have found our bottom or the courts told us WE have to be here. Whatever it is WELCOME. Hopefully, you hear something that keeps you coming back. If you are just here to get your paper signed, that's ok too. I was one of you. Fortunately, I heard somethings that really struck a chord in my out of tune mind. So, I kept coming back. The more I came the easier the rest of my court ordered programs got. Hell, everyday stuff started getting even easier. It helps to have an open mind and being honest with yourself. If you don't feel that you are an alcoholic at least you are taking care of your legal responsibilities and hopefully got some information so you don't have to come

back. I HAD to be here and I was willing to fight tooth and nail not to come. I am glad that I let that foolishness subside. In my brief time here, I have met some of the smartest, caring, and strongest people.

I walked in with so many preconceived notions. I was an expert of sorts on how everything worked and how it **wasn't** going to work for me. A bunch of praying derelicts and down on their licks going to try and get me to drink this Kool-Aid and religify me and take what little money the courts didn't get from me. Pretty sound logic, right? Wrong. I realized after the first meeting, I was wrong. I didn't have to do anything but show up. Some may have looked like the grumpiest old fart ever (some are, ha). Wrong again. Those

people are some of my best friends today. Goes to show I didn't know everything. I remain today because I need this. I also need you. We are all equals and your experience helps me more than you know. If you like what you hear, keep coming back. It really does keep getting better. Thank you for reading.



-Sean W

“We will intuitively know how to handle situations which used to baffle us”

I had a friend who wrestled in high school. Even though the outfits were very unpleasing, especially the higher the weight of the competitor, it always seemed that this archaic ritual of hunter/gatherer sorting out which Alpha Male should lead the pack, it was the truest of all sports battles. Two knuckle dragging, hyde wearing, neander-flinstonion specimens using sheer muscle and willpower to best his rival. Knees to elbows, reaction to action, fulcrum to gravity. This friend of mine told me, however, that it was not a Darwinian showdown. Actually quite to the contrary. My lanky baby giraffe looking schoolmate, could topple quite the better built foe every time.

He had a set of moves that he practiced. A ritualistic, repetitive, carbon copy rhythm, of repeating the same move over, and over, infinitum. This he proudly would say, is where the true power lied. He could know, without the shadow of a doubt after more than 4,000 meticulously rehearsed steps, his muscles would know exactly what to do. This age old grecian take down's effectiveness was based purely on....wait for it.....intuition.

It's a busy world out here in the land of the living. I have to react too many situations and enormous unplanned attacks on my serenity and my program. I have to actively work steps, go to my sponsor, pray to my higher power, call another addict, read 417, do pushups, breathe



into a paper bag, cry, or any other device I can muster out of my tool box to get me through the fire. So my program, my power, has to have a head start.

So I trained. Day after day, meeting after meeting, picnic table talk after picnic table talk, I ingrained every fiber of my soul with the knowledge of some basics. Some step 1 part 2, a lil step 7, top it off with a 10 every now and then. It's muscle memory. My body, my mouth, my magnifying mind do not explode when I can't believe what Im seeing. I intuitively am able to push right through that old stop-gap. I may still be baffled, but the program steps up and handles some of the light work for me. Pins that self-will run riot on the mat. It's nice to, because I need that extra brain power, to screw up the new stuff!!!

By Anonymous

“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.”

1. Person Name _____
2. Noun _____
3. Plural Noun _____
4. Noun _____
5. Verb End "ing" _____
6. Noun _____
7. Color _____
8. Noun _____
9. Verb _____
10. Verb _____
11. Verb "ing" _____
12. Noun "Emotion" _____
13. Verb _____
14. Verb "ing" _____
15. Adjective _____
16. Adjective _____

The Prayer of Saint 1 _____.

Lord, make me an 2 _____ of thy peace.
 Where there is 3 _____, let me sow love;
 Where there is injury, 4 _____;
 Where there is 5 _____, faith;
 Where there is despair, 6 _____;
 Where there is 7 _____, light;
 Where there is sadness, 8 _____.

O divine Master, grant that I may not so much
 9 _____
 To be consoled as to 10 _____,
 To be understood as to 11 _____,
 To be loved as to 12 _____;
 For it is in giving that we 13 _____;

It is in 14 _____ that we are pardoned;
 It is in 15 _____ to self that we are born to
 16 _____ life.

Deep Awareness

Hey everybody. This morning has been awesome so far and my day is just getting started. Nothing out of the ordinary has happened today, just an awareness change.

So many times, so many days, are wasted. Wasted looking for something else, waiting for some event, daydreaming of some other place, some other time, some situation I have conjured up in my head.

How many days have I wasted waiting to be fulfilled at a future date, a future place, a future circumstance, with future relationships.

Today will not be wasted! Today I have been given a gift. Today is that gift!

I sometimes get so caught up in the normalcy of my life, the monotony of the everyday. I have a routine. I know that routine and that is what I look at. I wake up at certain time, I head to work at certain time, I have two appointments today, I get off at certain time, I come home, I eat dinner... . etc.

My pattern and habits tell me that it's just a normal Tuesday.

Today is special! There has never been a day like today. Today is a gift!

Today I will notice the weather.

Today I will look at the sky.

Today I will listen to the stories of my customers like they were designed specifically for my ears.

Today I will cherish the food that I'm eating, the smells in the air, the music that I hear.

Today when I kiss my wife, it won't be out of habit..... Today I will and screenshot her smile in my memory.

Today is not just an ordinary day. Today is special! Today is a day that many people won't get and would love to have.

I can't help but to think of how much I have cheated myself out of joy.

Today I am grateful not just for the things I know I have, but for all the new experiences that today brings.

Much love,

Big Dave



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.

**"Yesterday is
History, tomorrow
a Mystery, today's
a Gift, that's why
they call it a
Present"**



Come Support

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

The Office @ 10:30pm on Saturdays

Group 451 Women's Meeting

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

Group 5

Thursdays at 7PM.

Frieden's Church of Christ at the corner of Zumbel and 94 South. Speaker/Topic/Reading, Chairperson's Choice.

Non-smoking Mixed Closed

BIRTHDAYS

Group 228

September
George 9 months
Mona 25 Years

October

Debbie O. 1 Year

Group 370

Lauren M. 2 Years

Group 976

Jennifer R 7 Years
Diane A 1 Year
Katie 7 Years

Group 124

Dennis S. 26 years
Jeff B. 3 Years

Group 4094

Captain Bob 13 years
Shane S 10 years
Mike K 5 Years
Gordy C 2 Years

DONATIONS

Districts

14, 19.

Groups

5, 976, 4094, 915, 762, 979, 164,
228, 194, 77.

2nd Annual St. Charles AA "Gratitude Meeting" November 25th, 2015

Sponsored by Group #164

7pm - 9pm (Wednesday Night before Thanksgiving)
St. Charles Presbyterian Church, 131 Gamble
St. Charles, MO 63301

5 AA & 5 Alanon Speakers - 7pm to 8pm
Pie and Coffee Fellowship - 8pm to 9pm

Save the Dates

Happy New Year



2015 ALCATHON

St. Joachim and Ann Church

WHERE: 4112 McClay Rd.

WHEN: OPENS: 5 DINNER: 6:30 SPEAKER: 8

HOW MUCH: \$5 TOWARDS 50/50 & COST

TV AND HOME GROUP RAFFLE PRIZES \$1

THIS IS A SOBER EVENT BY DISTRICTS 14, 19, & 20.

MAIN COURSE PROVIDED. COVERED DISHES WELCOME.

POWER DRINKS AND SODA AT COST.

COFFEE ALWAYS FREE

CHOC-FULL- O' FUN!

Please join us for
Cookies & Cocoa!



Monday, November 30th

6:30-8pm

Meeting Starts @ 7:00 PM

Faith UCC

106 Kent

Wentzville, MO 63385

Upcoming Event

If you have a meeting that does fellowship afterwards or an upcoming potluck please send the info to 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.

Next committee Meeting for the Sobriety Sentinel is December 1st @ 6:30 pm Intergroup Office

If you are interested in writing please submit articles by November 27, 2015