

Sobriety Sentinel

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

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

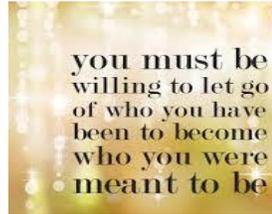
"Having had a spiritual awakening as the result of these steps, we tried to carry this message to other alcoholics, and to practice these principles in all our affairs."

Alcoholics Anonymous could not survive without Step 12. It's like running a Shrimping business and never taking the boat out. Sure it is pretty and safe at the dock, but you will never get out to where the shrimp breed and you would never be able to make a living. Unfortunately the world we live in breeds enough Alcoholics to keep us in meetings for eternity. The trouble is how do we reach them?

In the early days of AA they would go to Hospitals, Mental wards and Prisons, they took referrals from Doctors, Clergy, and the Authorities to find the down and out, in order to spread the word of the program. We concentrated on the very low bottom cases, as these were the ones who were potentially desperate enough to muster up the willingness that the program requires to work. Let me tell you right now, you can be at any level of bottom and have the willingness and make this work for you. Although we should still be ready and willing to go on a 12 step call at the drop of a hat.

Today there are several centers, for the treatment of all types of addictions and the Hospitals are introducing the program for us. Patients are working the steps and even sometimes required to get a sponsor before they are released. There are Prison ministries bringing meeting to the inmates and introducing the program to them. (I love how God tends to meet you where you are) The Hospitals, recovers centers, and prisons help to get potential members around the tables, but then... How do we get them to stay? When I first came in the doors, I was a mess. I didn't want to talk to anyone, I didn't want to open up, and I didn't even want anyone to smile at me. But over time, I realized that the people that were talking to me and smiling at me are the ones I gravitated toward, and in time these are the ones I opened up to. Thus beginning my recovery process. So reach out, but don't smother is my best advice. You can carry the message, but you cannot carry the Addict.

Many of us these days never have to look farther than our back yards for candidates, Alcoholism is a family disease and runs rampant in countless



families, mine included. These are usually the ones hardest to reach if they do not see that they have a problem. This is where attraction rather than promotion plays a big part. Most of my family knows of my struggles and laurels and when they were ready to put down the bottle, I'm the first one they come to. How amazing is it to help someone you love.

The last part of the step says "All our affairs" this is where is got difficult for me. It's easy to sit down with another alcoholic and listen, talk a little about your experiences, and share your strength and hope. It is easy to make amends to your children or spouse when the ugly head of your Character Defects rears up and makes you short tempered or harsh. But for me, it is not so easy to hold my temper when I get cut off on the highway by some so-and-so in a hot red sports car, or to not jump up at a meeting at work when your boss takes credit for all your hard work on a project, or to keep my flying fingers from getting me in trouble because someone does not share my same views on FaceBook.... Grrr!!!

But it is progress not perfection.

As for the guy on the highway, I try to put myself in his shoes, maybe he just got a frantic phone call and someone he loves is being rushed to the Hospital... I use this one a lot.

As for my boss, maybe he/she is in fear of losing their jobs and think that they need the accolades in order to keep a roof over their family's heads. And as for Facebook, I pause, take a deep breath and remind myself that everyone is entitled to their own opinion. I ask myself, would I rather be Right or Happy? Sometimes the only way to keep a friend is to be a friend. And sometimes I just have to resort to praying that God will show them the errors of their ways, because my opinion is still always the right one... There go my Character Defects again. ☺

With that, allow be to sign off with a few words of wisdom:

Everyone is facing problems that we know nothing about.
Be kind to unkind people, because they need it the most.
Truly loving someone is when you give them what they need the most, when they deserve it the least.

Happy Holidays!!!

By Cheryl E.

Welcome!
There is a solution



December 2015
SobrietySentinel@gmail.com

Service Positions:

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

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

SERVICE

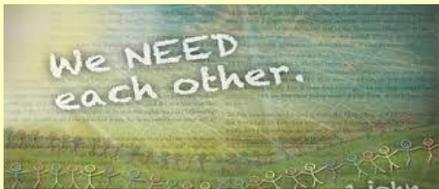
The principle of step 12 is service. At this point we have grown a great deal. Our program teaches us that the ultimate expression of love and gratitude is self-sacrifice and service for others. From making coffee to being the chairperson of a committee at district or even area level. The only real rule here is that if the service work we do is inconvenient then it is exactly the right kind of service work. Working with others is absolutely necessary to remaining spiritually, fit enough to receive our daily reprieve from this disease. If we fail to do so there is unremitting danger to our sobriety and our own sanity. If you doubt what I am saying here, look around the room and the people that are happy joyous and free are engaged in service work at some level. The promise of step 12 is emotional sobriety. Emotional sobriety comes as a result of working all of the steps not just the fun ones. This is so simple that most people miss it. I have been instructed by my sponsor to work all 12 steps at least once a year as he does. Some folks find this to be an extreme proposition but it works for me not to mention the people that I know that follow the same practice actually have emotional sobriety.



Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

Anonymity is sacrificing personal ambition for the common good. Anonymity is also not taking credit for our own or other people's recovery. This is true humility at work. Tradition 12 reminds us that we have something more to rely upon than our human personalities. Our principles come first. They are not our invention. They come from our higher power (God). They reflect eternal spiritual values. With this tradition, as individuals and a fellowship, we acknowledge our dependence on a higher power (God).

Here is an example of how I apply Tradition 12 in my life. I don't let someone's personality in the program get in the way of reaching out to the next suffering alcoholic. I don't get along with everyone in program but I can still work with them to carry the message.



Even as a child, I was often warned that "hindsight is better than foresight." Like many of us, I blundered on and on, never realizing the impact that my hasty and often unwise decisions would have on myself and the people around me. I continued on my merry way, a true case of *self-will run riot*. I was always headstrong and independent (or so I thought). I had a vague feeling that there was some entity out there, but I didn't feel like I had a personal relationship with Him. Until, by the Grace of God, I ended up in the rooms of Alcoholics Anonymous. And by that same Grace of God, I am now living a life beyond my wildest dreams. Or as our Big Book says, I feel like I've been rocketed into the fourth dimension. This life is not always easy, but day by day, I'm learning and beginning to realize things about myself and my relationships with others. And hope burns eternal.

Like many of us, I spent a lot of time trying to drink differently. When I admitted I was powerless over alcohol and that my life was unmanageable -- when I was emotionally low enough to *surrender* fully, and earnestly seek Him, not only was the compulsion to drink lifted, but the very deep, dark, depression that had plagued me for most of my life, was also lifted.

I work with someone on a special project in AA. This person is very knowledgeable about the program. Depending on the day they might be easy to work with and other days difficult. In this program *love and tolerance* is our code. The days this person is difficult to work with, we keep our distance from each other. On the days this individual is in a better mood we work more closely together. When we attend the same meetings I always welcome the comments because they have a great deal of knowledge about program and knows a lot of the history.

Another time my sponsor and I were not compatible with each other. We were like oil and water personality wise. We parted ways in not such a good way. Although we did not work out as in a sponsor sponsee

"We will suddenly realize that God is doing for us what we could not do for ourselves."

And I can now see how much help I've had, and continue to have, throughout this journey called life. I still have a lot of "Ah Ha" moments, when the truth suddenly dawns on me. But I also have the sense of being safe, protected, and loved, especially in the rooms of Alcoholics Anonymous. As I have heard so often -- Thank you God for A.A., and thank you A.A. for God.

"Many people wonder how A.A. can function under such a seeming anarchy. Other societies have to have law and force and sanction punishment, administered by authorized people. Happily for us, we found we need no human authority whatever. We have two authorities which are far more effective. One is benign, the other malign. There is God, our Father, who very simply says, "I am waiting for you to do my will." The other authority is named John Barleycorn, and he says, "You had better do God's will or I will kill you." And sometimes he does kill. So, when all the chips are down, we conform to God's will or perish. At this level, the death sentence hangs over the A.A. member, his group, and A.A. as a whole. Therefore we have the benefits of the murderous political dictatorships of today but none of their liabilities. So there is authority enough, love enough, and punishment enough, all without any human being clutching the handles of power. Such is A.A.'s backstop against dissolution, and its final guarantee of survival under any conditions. For us, it is to do or die."

relationship and I don't view us as friends, one of the things that came from that relationship is on a daily basis I get inspirational emails. These emails are very beneficial for my recovery and I even share them with my sponsees and other people in the program. I see my old sponsor at a couple of meetings and benefit from the things that is shared. When we see each other, we always try to be cordial to one another.

I am also sure that my personality has its own flaws and does not grace everyone I meet. Lastly I am thankful for all the traditions because they place our common welfare first. They also keep our fellowship united. Our lives depend on this AA unity and the future lives that will come in our doors depend on it as well.



YOU CANNOT OPEN THE MEETING WITH THE SERENITY PRAYER - THEN WORRY WHAT OTHERS THINK ABOUT YOU !

*WE ALL KNOW THE LITTLE SAYING ON THE WALL:
LIVE AND LET LIVE,
EASY DOES IT
BUT FOR THE GRACE OF GOD
THINK... THINK...
THINK...,
FIRST THINGS FIRST*

BUT HAVE YOU EVER SEEN THIS GO BACK AND READ THE UNDERLINED WORDS

GRATEFULLY BORROWED

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1 Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2 Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3 Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A.



4 Find out about the special holiday parties, meetings, or other celebrations

given by groups in your area, and go. If you're timid, take someone newer than you are.



5 Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



6 If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7 Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8 Worship in your own way.



9 Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10 Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11 Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12 "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it.

THE MAN IN THE GLASS

Peter Dale Wimbrow Sr.

When you get what you want in your struggle for self
And the world makes you king for a day
Just go to the mirror and look at yourself
And see what that man has to say.

For it isn't your father, or mother, or wife
Whose judgment upon you must pass
The fellow whose verdict counts most in your life
Is the one staring back from the glass.

He's the fellow to please – never mind all the rest
For he's with you, clear to the end
And you've passed your most difficult, dangerous test
If the man in the glass is your friend.

You may fool the whole world down the pathway of years
And get pats on the back as you pass
But your final reward will be heartache and tears
If you've cheated the man in the glass.

This poem was first published in 1934 and is still very popular today. Thank you very much to the family of Dale Wimbrow for allowing us to publish it and to our friend Marie Ornstein for recommending it!

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.

BIRTHDAYS

Group 77

Cindy 1 year

Group 164

Rhonda M 7 years

Group 228

Tom M. 6 years

Group

Cindy H 90 Days

Dusty G. 26 years

Ryan D 90 days

Debbie S 90 days

Group 4094

Crystal 3 Years

Megan S 90 days

Andy B 1 year

Angela L 13 years

Save the Dates



2015 ALCATHON

St. Joachim and Ann Care Center

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.

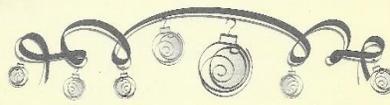
POWER DRINKS AND SODA AT COST.

COFFEE ALWAYS FREE

12 Symptoms of Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything.

<http://recoverytodayjournal.com/blog/2012/07/12-symptoms-of-a-spiritual-awakening/>



Working with Others Holiday Potluck

Tuesday December 29
Potluck: 7 p.m.
Speaker 8 p.m.

Parkway United Church of Christ
2841 N Ballas Rd, St. Louis, MO 63131

Babysitting Meeting

Please Join Us!

Speaker: Tonya H. Lake St. Louis, MO





WE ARE NOT A GLUM LOT.

Come one come all to this open workshop for AA. We will discuss how the members of AA are not a glum lot. Come see all the great personalities at once while you study the traditions.

When: 02/13/16 @ 9am
Where: Parkway United Church of Christ
2841 N Ballas Rd.
St. Louis MO 63131

Contact: Steve D. phone 314-791-4520
Jeff H. phone 978-902-2680

Since we are not a glum lot we can only hope the workshop is completed with the following.

- Fellowship with coffee & snacks
- Play
- Speakers
- Group discussion




HOLIDAY OPEN HOUSE & POTLUCK



**WEDNESDAY
DECEMBER 16, 2015**

**3:00 PM to 7:00 PM
CENTRAL SERVICES
14 SUNNEN DRIVE
Suite 144**

Please bring a side dish.

Over ...

Upcoming Event

PLANNING FOR WOMEN'S LUNCHEON IS UNDERWAY LOOK FOR THE FLYER IN NEXT MONTH'S SOBRIETY SENTINEL

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 January 5@ 6:30 pm Intergroup Office come with New Ideas and let your voice be heard