

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"**

Telling someone my whole story was a bit daunting, I'll admit, but I wasn't as nervous as I thought I was going to be because by the time I got to my 5th step my sponsor and I had gotten to know each other fairly well. I was comfortable with her. She was my friend, and I trusted she wouldn't judge or criticize me.

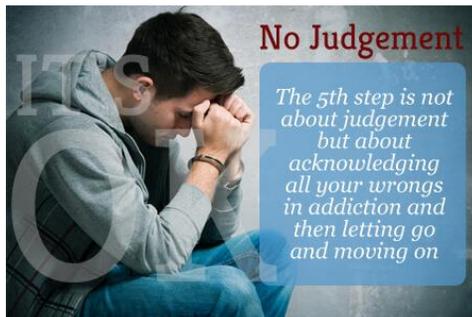
I arrived at her house and after some small talk we began with the Serenity Prayer. Then I proceeded to read directly from my 4th step columns and told her my story, listing all my resentments, what areas in my life they affected, and most importantly, what my part was in them. As part of my 4th step, she had me write out a list of my fears and a list of positive attributes about myself. So, I went over those with her as well.

She interjected a few times with minor tidbits of stories of her own that related to my mine, but mostly she let me do all of the talking while she attentively listened with compassion and empathy. When I teared up at one point, she reassured me that I had done nothing worse than her or anyone else she knew. This put my mind at ease and removed the first brick in the wall of isolation I had built up over the years of my drinking career. It gave me the first true glimpse at the kinship I would later come to fully realize in this fellowship.

After I was finished I felt relieved that it was over. I felt like I had accomplished something

AAA to the rescue! Henry B.

Last May or so, my Monday night AA home group meeting in Bowling Green MO began having monthly group consciences. We decided to participate in district service activity and I volunteered to be our first GSR. I began attending the monthly district meetings and not surprisingly there was not all of participation by groups in our district. The monthly meetings are moved from one small town group to another, and held on whatever night the meeting is held, either before or after, to try and spark an interest in service and raise awareness in the groups of the various AA activities and services available in District 13. Last July, our monthly meeting was held in Labelle, MO on the same night as the All Star game. I thought



big and like a weight was lifted off of my shoulders. From her house I immediately went home and retreated to my bedroom to be alone and in a quiet place for an hour to reflect on what I had just done like the Book suggests that we do. I don't recall thinking or feeling much during that hour of reflection. Perhaps I was a bit shell-shocked; numb, for sure.

Looking back, I believe it was a more overwhelming experience than I realized at the time, but at the time, the key was to not think about it. Thinking is not helpful at this stage in the game. Action is what is necessary.

So, if you are at the point in your recovery where it is time to do your 5th step, don't think about it. Don't think about what it is going to be like. Don't try to predict what the other person is going to do or say or think. Don't worry about feeling embarrassed or ashamed or scared. Don't think, just do it! Wanting to do it is not a requirement for doing it, but doing it will greatly increase your chance of maintaining your sobriety and finding true and lasting serenity.

~ Anonymous

about skipping the district meeting, but something motivated me to hit the road for the 1.5 hr drive to Labelle, instead of staying home and watching the game. About a mile from my destination, on a MO country highway without any shoulders, I realized I was getting a flat tire. Since I was so close to the meeting and had very few minutes to spare, I drove on in to Labelle on a nearly flat tire and called AAA to change the tire and went on in to the district meeting. I intended to skip the regular AA meeting after the district meeting and hurry home to watch the end of the All Star game, but AAA hadn't arrived yet, but the dispatcher said "they were the way". So I stuck around for the AA meeting. My first impression of the attending

Welcome!
There is a solution



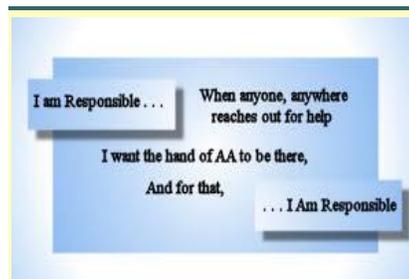
May 2016

SobrietySentinel@gmail.com

Service Positions:

*Intergroup Office Manager
Activities Committee Chairperson
Sobriety Sentinel Co-Chair
Volunteers to write for the Sobriety Sentinel*

If you need more information on how to fill service positions send an email to sobriety sentinel@gmail.com and we will get you the information.



members was to recall the phrase from the Big Book "people who would not ordinarily mix". AAA still had not arrived. So in my frustration at having to stay for this "inconvenient" meeting, something inside said "why don't you just settle down and listen to what these people have to share?". Amazingly, every member...had something good (for me) to hear, and the more I listened and heard, the more Grateful and Happy I became. About the time the meeting ended, AAA showed up and quickly changed my tire. I drove happily and safely home. I now look forward to seeing my new friends each month at our district 13 meetings, wherever and whenever they are held. AAA had been right on time!

Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.

It is the great paradox of A.A. that we know we can seldom keep the precious gift of sobriety unless we give it away. If a group of doctors possessed a cure for cancer, they might be conscience stricken if they failed their mission through self-seeking. Yet such a failure wouldn't jeopardize their personal survival. **For us, if we neglect those who are still sick, there is unremitting danger to our own lives and sanity.** Under these compulsions of self-preservation, duty, and love, it is not strange that our society has concluded that is has but one high mission-to carry the A.A. message to those who don't know there is a way out. This might be one of the most important paragraphs in any conference approved literature pg 151 12x12

Tradition 5 Checklist

Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.

1. Do I ever cop out by saying I'm not a group so this or that tradition doesn't apply to me.

No. This tradition applies to all members through our contribution to our groups and the single biggest thing is to question and challenge our home groups to follow traditions .Additionally the question everyone should ask themselves and their group, Is our meeting a group that an alcoholic can come to and get sober? If the answer is anything other than yes changes need to be made.

2. Am I willing to explain firmly to a newcomer the limitations of A.A. help, even if he gets mad at me for not giving him a loan?

A newcomer Alcoholic is not done any favors by being coddled. They need to know how we stay sober, we share our experience strength and hope with them. Holding back on the realities of life in recovery as experienced by us is not helping them. They need the information that

can save their lives, we have to be straight up with them even if they don't like what they hear at first.

3. Have I today imposed on any A.A. member for a special favor or consideration simply because I am a fellow alcoholic?

I am guilty of this in the past. I have absolutely tried to use A.A. connections to get jobs. I can now see how I selfishly put those managers in a bad position. There was their anonymity to consider at their place of employment as well as If they did a favor for me then they would be in a bad position with other alcoholics expecting the same treatment deserved or not.

The biggest or most frequent thing that has been asked of me is to write a letter on the alcoholic's behalf to help them in their various legal situations. This is something I will do for a sponsee if they have earned it, but I have turned more people down than I have letters written.

4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?

Absolutely

5. Do I help my group in every way I can to fulfill our primary purpose?

Yes and the best simplest way to do that is to encourage your group fully embrace of the traditions.

6. Do I remember that A.A. old-timers too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

It has been said that the number 1 cause of death for alcoholics sober 15-25 years is suicide. I came very close to drinking at 23 years myself. Had it not been for a few very patient and caring people at my local meetings. It is likely that I would not of made it through the dry drunk spell that I was on. Like our friends say" I can't save my ass and my face at the same time.

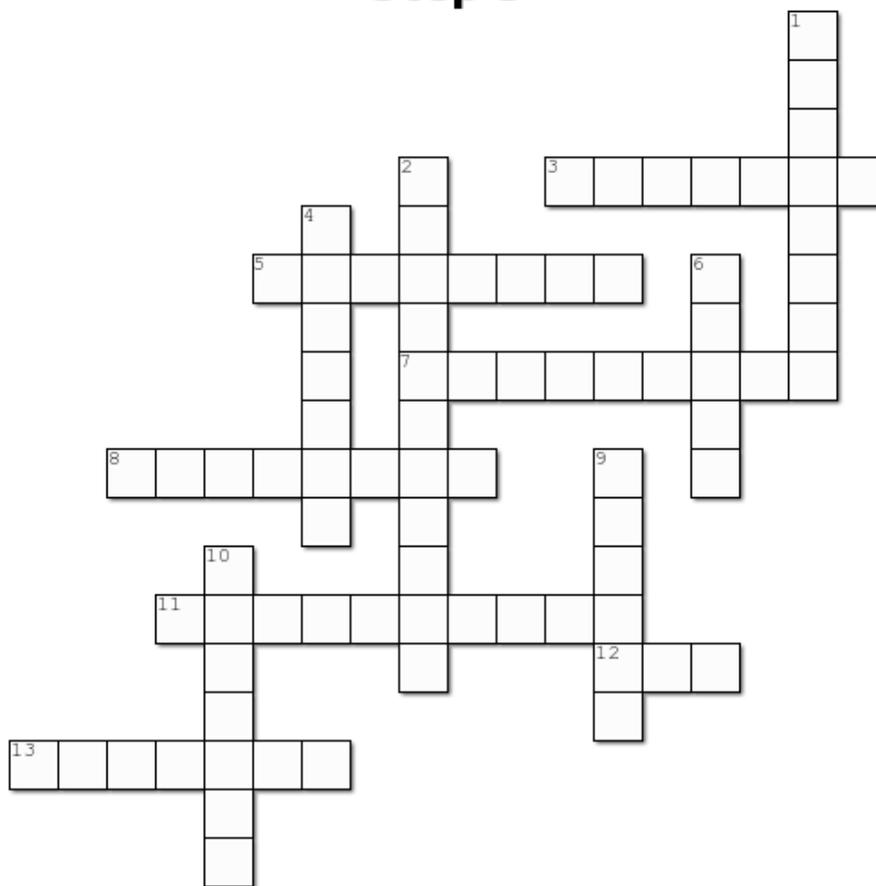
Rx for Sobriety Smith & Wilson A.A.
12 Steps practiced in all our affairs -- Pages 59-60
Trust Higher Power & Clean House -- Page 98
Share Experience, Strength and Hope
Stay Active in Service
One Day At A Time for the rest of our life
A handshake, smile and hug as often as possible
Recovery Guaranteed
*Dr. Bob S.
Bill W.*



I never thought I could feel like a whole person until I completed my Fifth Step. After writing everything down in my Fourth Step which took me three (3) days and looking at my life in the two (2) pages I began to cry. I made contact with a Catholic Priest who is an Alcoholic. This I did not know until I met him. I spent three (3) hours talking about me. When I was done and left the church I felt a new life was given to me going home. I will have 23 years of sobriety August 1 2016. I finally realized how grateful I am due to our program. I no longer look back at my life only what the future God has given me to look forward to.

*God Bless AA
Roger B*

Step 5



Created with TheTeachersCorner.net [Crossword Maker](#)

Across

- 3.** a closeness or bond
- 5.** brave, courageous
- 7.** list of character defects
- 8.** confess to be true or to be the case (past tense)
- 11.** statement admitting one is guilty
- 12.** Higher Power
- 13.** one who supports

Down

- 1.** modesty, meekness
- 2.** the letting go of vengefulness
- 4.** shortcomings, imperfections
- 6.** account of one's life events
- 9.** unjust, dishonest actions
- 10.** truthfulness, straightforwardness

This is perhaps difficult, especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only *thought* they had lost their egoism and fear; they only *thought* they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else *all* their life story.

-A.A. Big Book p.72-73

Come Support

Group 915 Monday Nights 7pm
106 Kent Dr. Wentzville
Ala-Teen Monday nights same location
as above

The Office @ 6pm on Saturday
The Office @ 10:30 PM Saturday

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

Save the Dates

Friends of Bill W.
37th Annual Float Trip!
June 10th, 11th, & 12th

Location: **BASS RIVER RESORT**

Directions: I-44 west to Cuba (exit #208), then south on Hwy 19 to Steelville, in Steelville go thru 3 way stop, then east on Hwy 8 for 10 1/2 miles to the BIG YELLOW ARROW, BASS' RIVER RESORT sign on your left. Follow blacktop 1 1/2 miles.

\$65 per person (Includes Food & Coffee)
MAKE CHECKS OR MONEY ORDERS OUT TO: **MEN'S FLOAT TRIP**
MAIL TO: 6438 ROANOKE DR. ST. LOUIS, MO 63111
PAYMENT DUE BY: **MAY 27th, 2016**

For Information Call:
Chris C. - 314-276-6128
Ron S. - 314-220-8865
Nelly - 314-225-5283
Josh G. - 636-466-7661
Joe S. - 314-603-0862

EASY DOES IT!

23rd Annual Women in Recovery Float and Camp Trip
June 24, 25, & 26 2016
Riverview Ranch - Bourbon, MO

SCHEDULE OF EVENTS

Friday
8:30 pm Welcome Celebration
9:30 pm Dinner at Riverview Ranch
9:30 pm Campfire AA Speaker Meeting
10:00 pm Campfire AA Topic Meeting

Saturday
8:00 am Breakfast
8:30 am Morning Meditation & Daily Reading
10:00 am 5 Mile Fun Run (on left) BIKINI LUNCH
6:00 pm Dinner at Riverview Ranch Restaurant
7:30 pm Sobriety Countdown, Campfire AA Speaker Meeting
9:30 pm Thruback Dance Party
9:30 pm Breakfast
9:00 am Campfire AA Meeting & Spiritual Speaker
10:30 am Weekend Wrap Up & Clean up (THE MEANS YOU)

REGISTRATION FORM - ONE FORM PER PERSON
DEADLINE: JUNE 14, 2016

Full Name: _____
E-mail Address: _____
Phone No.: _____
Address: _____
City, State, Zip: _____

PRE-ORDER T-SHIRTS (\$10.99 each)

| SIZE | QTY | NAME | QTY | PRINT |
|----------|-----|-------|-----|---|
| Small | 2/1 | Large | | Cancel |
| Medium | 2/1 | Large | | Cancel (only printed) 1st come 1st served |
| Large | 2/1 | Large | | Not Printing |
| XL Large | | | | |

Note: If you pre-order for your T-shirt with this form, your T-shirt will be processed to you when you check in at registration. A limited quantity of extra shirts will be available to purchase at the float trip.

MAKE CHECK/MONEY ORDER PAYABLE TO WIR INC.
MAIL TO: WIR INC, PO Box 981 St. Charles, MO 63081

BIRTHDAYS

Group 979
Peggy D 9 months
Steve M 9 months
Craig S 90 days
Duane L 30 Days
Stephan B 30 Days
Group 976
Nicole W 4 years

Group 1022
Chris S. 10 Years
Group 5
Norbert H. 24 years
Kim H. 23 years

Group 915
Patty A 3 Years
Kelly W 18 Months
Group 583
Damon S 7 Years
Ben G 2 Years
Leo A 3 Year

1st Quarter Donations

| | | |
|-----------|------------|-------------|
| Group 77 | Group 8231 | District 14 |
| Group 164 | Group 228 | Group 340 |
| Group 194 | Group 589 | Group 915 |
| Group 968 | Group 1023 | Group 976 |
| Group 919 | Group 370 | Group 167 |
| Group 304 | Group 976 | Group 124 |
| Group 970 | Hawk Point | Literature |

Into Action
25 YEARS
Anniversary Meeting

Main speaker
Clancy I.
from Los Angeles California

Friday June 17th, 2016
7:30pm

St. Justin the Martyr Church
11914 Eddie and Park Rd.
St. Louis, MO 63126

Babsitting will be limited to the first 40 children only.

Upcoming Event

WINNERS PICNIC
Sponsored by: Tri-county Intergroup
Will be held Aug. 13th
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 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.

Dr. Bob
Bill W.

Founders day
Where It All Began

YOUR INVITATION TO CELEBRATE
Our 80th Anniversary of Alcoholics Anonymous

Sunday, June 12, 2016
Jefferson Barracks Park
Black Hawk Pavilion

Free Family Friendly Event
Fellowship 9:30AM Coffee & Donuts
History speaker 10:00AM Jim J. St. Louis, MO
Speaker 11:00AM JT. F. St. Louis, MO
Music 12:00PM - 3:00PM

Skit-Committee in Bob's Head BY Group #188 Happy Hour & Group 719 Sobriety alive

BBQ Hot Dogs & Hamburger 1:00PM
(PLEASE BRING SIDES OR DESERT)
Speaker 3:00PM Richie M. St. Louis, MO

Picnic tables under pavilion. Bring your own chair for guaranteed seating.
Please bring yard games (Park has #18 Hole Disc Golf Courses)

Sponsored by District 52
Black Hawk pavilion reserved to 8PM, feel free to enjoy the day.
Map quest: Jefferson Barracks Park, 251 Oy Road, St. Louis, MO 63125
Follow the signage. For information: Mike M. 314-435-8731

Cabins are full