

# Sobriety Sentinel

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

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

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

## Integrity



Hi, my name is Bill and I am an alcoholic. On April 11 I was blessed with 30 years of continuous sobriety, one day at a time. I thank God every day for His gift. It hasn't always been easy but I've always tried to "keep it simple."

The Year was 1987, it was late summer and my sponsor was prodding me to continue working the steps. You see, I had been putting off working them, the 'pink cloud' was good enough for me. But temptations came, nothing real big but enough to upset my serenity. Writing out the fourth step was bringing up some bad memories and rotten feelings. I was pretty raw emotionally.

I didn't like my sponsor very much as he was younger than me, had a shorter drinking

history and was rather arrogant. I must admit thought that he kept bugging me to finish. I finally did just so he would quit nagging me! He would not hear my fifth step, I didn't trust him enough for that. When the time came, I read my fifth step out loud to myself and then to God.

There was an older man who had been coming to our open meeting. He never claimed to be an alcoholic but his empathy and love for drunks was apparent. I respected his wisdom and world knowledge. The night came when I shared my story and fifth step with this man. I felt pretty rotten as I had treated some people pretty badly. He assured me that I was only human and could be forgiven for the things I had done. He then told me some of the good side he had seen of me in the meeting and that I had much to offer.

Welcome!  
There is a solution



May 2017

[SobrietySentinel@gmail.com](mailto:SobrietySentinel@gmail.com)

Service Positions:

### • Districts –

*Please send an updated list of your current openings as this has changed.*

*Similarly, IR positions are changing this month and will be updated in the June 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.

The Sobriety Sentinel is looking for more personal stories and group's birthdays. Stories can be on the step of the upcoming month, a tradition, or your recovery in general.

Please submit stories and birthdays to:

[sobrietySentinel@gmail.com](mailto:sobrietySentinel@gmail.com)

**Bill's personal story  
continued on page 2**



# National Corrections Conference

November 10 – 12, 2017



Nationalcorrectionsconference.org

Doubletree Hotel  
1973 Craigshire  
St. Louis MO 63146  
314-434-0100

\$109 per night for a hotel room.  
Please contact the hotel to reserve  
your room. It is separate from the  
event registration.

Join us for the 1<sup>st</sup> National Corrections Conference for North America. The purpose of this weekend is for A.A. members involved in correction work behind the walls to come together, share experience, exchange information, and hear from corrections professionals, former inmates, and other trusted servants throughout the U.S. and Canada.

Areas, Districts and individuals please send donations to the below PO Box to ensure the 1<sup>st</sup> National Corrections Conference is a success!!!! Please make check payable to National Corrections Conference.

Conference Chair: John S. 314-413-5939  
PI Chair: Jeff H. 978-902-2680

Donations  \$30 Registration  \$30 Banquet  \$35 Registration At Door

Registration, Donation, Banquet and Hotel cut off date 10/15/17

Total Submitted: \$ \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Email: \_\_\_\_\_  
Area#: \_\_\_\_\_ District #: \_\_\_\_\_

Return registration form and check to: National Corrections Conference PO Box 510355 St. Louis MO 63151

Shortly after that we would lose track of each other. I don't remember his name wouldn't know him if I saw him...I believe he was my "Angel."

The great weight of guilt had been lifted from my heart. I had shared my deepest secrets. (We are only as sick as the secrets we keep). The 12 promises minus 4 (as I like to call them, Big Book, p. 75, middle paragraph) came to me suddenly. The third step finally took solid root in my life. I had read, written and prayed on it but still felt God was done with me because of the many times I had turned my back on Him.

I found another sponsor to help me through the rest of the steps. There would still be the horrors of making amends to face but I would be able to because now I knew God was always on my side and would see me through every test and trial one day at a time.

We come to this program broken, hurting people. The 12 steps put us back together as individuals, the 12 traditions hold us together as a group. In the Twelve Steps and Twelve Traditions we read the long form of the fifth step, it says "Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose*- that of carrying its message to the alcoholic who still suffers." This is why after all these years I still go to meetings. Alcoholics Anonymous was there for me when I needed it and I want A.A. to be there for the next person coming in. Also, I am a fast forgetter.

I love this program and all the good folks in it. Thank you for being here for me and letting me share with you.

- Submitted by Bill B., St. Peters, MO

*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.*  
Big Book pp 72-73

## New Service Material Available

The General Service Office has developed two new service pieces that are now available to the Fellowship upon request (in English, French and Spanish). Service material differs from Conference-approved literature in that it has not come about through Conference Advisory Action. It is produced when there is a need for readily available information on a specific subject. Service material reflects A.A. group experience as well as specific and timely information that is subject to change.

**The first new service piece is titled “Safety and A.A.: Our Common Welfare” and shares some of the experience groups have had in ensuring the safety of the group and its members. As noted in the opening of this service piece, “Safety is an important issue within A.A. — one that all groups and members can address to develop workable solutions and help keep our meetings safe based on the fundamental principles of the Fellowship.”**

The second service piece is an Accessibilities Checklist, designed for meetings and groups, to help determine how accessible a meeting place is and to help diminish the trials that people with access barriers may encounter. The checklist reflects the experience many groups have had in developing meeting spaces that are accessible to all alcoholics.

To obtain service material, please contact G.S.O.

jc- (not the original though!)

### **Fifth Step Prayer**

Higher Power,  
My inventory has shown me who I am,  
Yet I ask for Your help  
In admitting my wrongs to another person & to You.  
Assure me, & be with me, in this Step,  
For without this Step I cannot progress in my recovery.  
With Your help, I can do this, & I do it.

The Sobriety Sentinel apologizes to Mark L. Group 132

Mark Celebrated 30 years recently, not 3 as listed in the March edition  
Of the Sobriety Sentinel.

Congratulations Mark!

## Come Support

10 pm Fridays and  
10:30 pm Saturdays

Both at the Campus Office  
Both Candlelight

Both continue to help many  
people get and stay sober

MEETING DISCONTINUED:  
St. Joseph's Hospital  
Saturdays 7pm

## Save the Dates

### Upcoming Event

Women in Recovery Float Trip

June 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup>

Friends of Bill W. Men's Float Trip

June 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup>

Promise(s) of the Month:

**We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. (page 75)**

## Birthdays

### Group 776

Byron S. 4 Years

### Group 5

Norbert H. 25 Years

Kim H. 24 Years

Kristine L 1 Year

### Group 979

Don B. 10 Years

Christina K. 18 Months

Sarah S. 18 Months

Scott B. 1 Year

Monica R. 60 Days

### Group 167

Cheri Z. 7 Years

Sandy S. 7 Years

Jaime H. 3 Year

Kristine L 1 Year



### SUPPORTING OUR FUTURE

66th Annual  
Aug 4th-6th, 2017

Join Us For All The Fun And Fellowship

#### Speakers

**Friday**  
Paula P. - Champaign, IL

**Saturday**  
Ruth L. - Canada  
Valerie T. - Kansas City, MO(Al-Anon)  
Clayton V. - Sikeston, MO

**Sunday**  
Tim H. - Louisville, KY

#### Featuring

Banquet Dinner  
Taco Bar Lunch  
Long Timers Meeting  
Saturday Night Dance  
Ice Cream Socials

*Al-Anon program the Entire weekend.*



**HOTEL INFO:**  
Capital Plaza Hotel  
413 W. McCarty St.  
Jefferson City, MO 64101  
Call: 1-800-338-8088



Use the code: Missouri State Convention or 170803MOOS  
Room rates: \$93.00 + tax/night



Please complete this section and mail to:  
MOOSC  
PO BOX 15060  
Kansas City, MO 64106

Complete one form per registration.  
Make checks/money orders payable to: MOOSC.

**Missouri State Convention Registration**

<input type="checkbox"/> Pre-registration (by 7/15/2017)	\$20	_____
<input type="checkbox"/> On-site registration	\$30	_____
<input type="checkbox"/> Breakfast Saturday Night	\$35	_____
<input type="checkbox"/> Taco Bar Lunch Saturday	\$10	_____
<input type="checkbox"/> Friday Ice Cream Social	\$5	_____
<input type="checkbox"/> Saturday Ice Cream Social	\$5	_____
<input type="checkbox"/> All Inclusive Pre-Registration Package	\$70	_____
<input type="checkbox"/> Hospitality or Scholarship Donation		_____
Total:		_____

Contact Casey M., Registration Chair at [registrations@mostateconvention.org](mailto:registrations@mostateconvention.org)

**Tradition Five: 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"?
2. Am I willing to explain firmly to a newcomer the limitations of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?