

# Sobriety Sentinel

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

Welcome!

There is a solution



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

STEP THREE: "Made a decision to turn our will and our lives over to the care of God as we understood him." BY Tina L

Before you start reading any further I want to say that I will be using the word God; just like the Big Book states God is interchangeable for what you want your Higher Power to be.

I don't know your story but I do know that this step can either be challenging or easy. Are you stuck on this step because of the God complex? Are you angry at God? Were you taught that God is judgmental and harsh? Do you even know who God is?

Here's the thing as you start recovery it's suggested to try something new. Trying new things also means turning to a Higher Power. What does that mean for you? I am not sure. Finding your Higher Power can be a beginning of a new journey. Maybe it means trying to attend different churches or talking out loud about how you feel, about your day, or about your recovery to God and finding out who He is through this process. If you don't know what to say start with the step prayers or ask your sponsor for their suggestions. It could be just as simple as saying the

full serenity prayer throughout the day or the Lord's Prayer. Do what feels right for you and try different things; once you find what you are looking for stick with it.

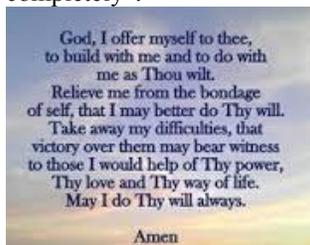
**PRAYER FOR Serenity**  
God, grant me serenity to accept the things I cannot change, courage to change the things I can & wisdom to know the difference :: living one day at a time, enjoying one moment at a time :: accepting hardship as a pathway to peace :: taking, as Jesus did, this sinful world as it is not as I would have it :: trusting that You will make all things right if I surrender to Your will :: so that I may be reasonably happy in this life and supremely happy with You forever in the next. AMEN  
REINHOLD NIEBUHR

No matter what your decision is on how to search for your God, start searching today! Don't let this keep you from growing in your recovery. You have already started trying new things by admitting that you are powerless over alcohol and started attending AA meetings. This is your next step and it will look different for everybody. As you start this next

## RELATIONSHIP

step in your life...let go of what and who you thought God was or your past experiences with this topic...this is your new life. Let's just make it simple...make the decision to turn your life over to a Higher Power even if you don't know what will happen or how it is going to look. When you make this decision you do not have to be perfect at it...you will mess up because none of us are perfect. When you mess up just get back up again and continue on.

What will be your decision? I hope it is "Yes I will turn my life over to a Higher Power even though I do not know what it looks like completely".



Really Exciting Love Affair Turns Into Outrageous Nightmare Sobriety Hangs In Peril.

## THE THIRD TRADITION by J-Money

*Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership to ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.*

At first the Third Tradition seems like the ticket to AA for anyone who can admit to themselves that they have a problem with drinking. So this is why I decide on using the long form of this tradition. I heard a speaker say once. If you have a desire to stop drinking punch a police officer and you will stop drinking. One of my coworkers has a desire to stop drinking because she is 7 month pregnant. Is she now a fellow AA'er?

One thing I had to learn in meetings is the difference between what is AA and what is not. When I was first started attending meetings I didn't know I was hearing a lot of personal opinions. I didn't know having a desire not to drink and being in our fellowship does not make you an alcoholic. The first thing I do with any newcomer I work with is ask them to qualify themselves for our fellowship. I don't assume just because they

are sitting around the tables they're alcoholic. Living with my mother and then my wife I have lived with a female my entire life. I think I understand females. I think I know how to talk and relate to females. However, I am not a female and will never know what it is like to be one.

When I understood this about alcoholics in AA it took my meetings to the next level. I am very enthusiastic in meetings. I enjoy listening to AA literature and try to go to as many literature based meetings as I can. If we do not have one common problem we do not have one common solution. Alcohol is my drug of no choice. I am powerless over it.

March 2015

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

## Service Positions:

PIR Co-Chair Women's' Float trip

Office Manager Tri-county

Intergroup office phone volunteers

needed Mon and Friday 5:30-7:30pm

Sobriety Sentinel Committee

Activities Committee Website

Committee, support and volunteers

## The principle of step 3 FAITH

Faith is an easy word to say but it takes courage to live. Fortunately for us many others have gone before us in this action. I remember how scared I was turning my life over to this new higher power. I also remember how exhilarating it was when this action started working for me. For the first time I knew I was going to be ok so long as I stayed on the path that took me to this point so far. Now faith has turned into proof I can look around and see higher power working in the lives of others.

Anonymous

## NEWCOMERS Q&A

### Are you a friend of Bill W?

When I first got sober I had a friend explain this to me and I am grateful she did. When someone asks this question they are secretly asking you if you are in AA or not without bluntly coming out and asking. There are times at an airport or on a cruise they will announce that the friends of Bill W. are meeting here or there. That is calling an impromptu meeting for someone that needs it. You can use it as well and if someone says no who is that don't worry just say "Oh he just a friend of mine". So next time someone asks you if you know Bill W. you know what they mean and can keep it discreetly between the two of you.

Have a question you are scared to ask send it to [sobriety sentinel@gmail.com](mailto:sobriety sentinel@gmail.com)

# AA CORRECTIONS COMMUNICATION SERVICE

By Mike K

Perry L. is a friend of mine. He is 60 years old and he has been in the California State Prison System since 1980 on a sentence of 25 years to life. I have never met him but we write to each other and share sobriety in what we call an "InsideOut AA group." The Corrections Correspondence Service at the AA General Services Office in New York gave us each other's names when we asked for a recovering alcoholic to correspond with across prison walls and through prison censors.

On March 12 Perry will go to his 11th Parole Board Hearing and we both believe he has a good chance of being found suitable for parole. He has not had a drink or taken a drug since 1982 when he got involved and got caught in making some pruno with a cellmate who was famous for making the best wine in the

California prison system. That's the only bad mark on his record for 35 years. His documented performance in various manufacturing enterprises run by the Prison Industries is outstanding to the extent that when a prison is locked down Perry usually stays at his job as an "essential worker."

Perry's 10th hearing was in 2013 and he was found unsuitable and denied for 3 years but the culture in California is leaning toward the release of long term older prisoners with good records. This hearing is part of the accelerated hearings program. We worked together gathering materials and testimonies for the last hearing and I was probably more nervous

about the hearing and more upset by the result than he was. He is approaching this hearing with the same serenity as he approached the last one. I am forever grateful for remarkable standard he sets for me in practicing humility and acceptance.

In many ways Perry L. is my sponsor as well as my friend and I pray for the best result for him. There are thousands of prison inmates who would like correspondence with an alcoholic in the free world. AA in New York will send you some names if you are interested. Corrections Desk, General Service Office, Box 459, Grand Central Station, New York, NY 10163.



## DEEP AWARENESS

BY BIG DAVE

Hey everyone, today I would like to speak about MY understanding of God. In AA, we use the term our own understanding. That was a huge hurdle for me. I grew up in a religious household and just like most people had gained an understanding of society's general understanding of God. At first, my understanding was based off information that I had gained throughout my life....even though I tried so hard to form my own thoughts and beliefs. The first thing I noticed after getting sober were all these feelings that had developed. When we strip away the drugs and alcohol, we take away the thing that has been blocking us from God. Today I have gained an understanding and a relationship with a God that exists within me. Today I know that when I am feeling good, God is present and in control.



When I am feeling bad, I am acting on self-will and am playing director. Either GOD is working in my life or I am. I no longer need to search out misinformation handed down from someone about a God of their understanding. Alcoholics Anonymous has taught us that God wants the very things for us that we want. God wants us to be happy, joyous, and free. All these things come from within.....just like God. Today AA has given me an internal guidance system... (God). It is easy for me to know when I feel

good about something and when I feel bad about something. Today I feel Gods presence or lack thereof. Today I know that God exists within me. Today I try to gain further understanding of what God wants for me.....based on how I feel. Today I have learned how not to complicate this subject. Today I know when I am the happiest is when I feel love, or show love. Joy for me today comes from being selfless, from giving, and from seeing God work through me and others. Freedom for me today comes from the absence of fear. All these things are what AA has taught me that God wants from me.....and this God that I have come to know exists within me and is personal.

## Promises

by Patty R.

If we are painstaking about this phase of our development, we will be amazed before we are half way through. Now, what does this mean? Well, let's just talk about painstaking. Painstaking is showing great care, taking or characterized by taking, pains or trouble, as they are, not as we would have them. It would also be defined as careful and diligent effort. I have found in my recovery that being painstaking can come in both forms. 1) Experiencing pain then growth, 2) Taking the necessary steps in order to receive the development. As I worked the steps I had to become willing at step 6 taking a look at what I had written in my fourth and then shared in

my fifth to ask God to remove all of these defects of character. At this stage of my development I was amazed. I had taken a good, hard core look at myself and how I operated. I gave these things to God. Making a God box or today I have a can. Putting things in there that I cannot control and do not have a solution to. Allowing God to provide the answers, whether throughout the voices in the rooms, or anywhere outside of myself and the voice in my head. I realized that my problems were of my own making and my perception needed to change. At this phase of my development I needed to trudge on

<b>GOD</b>	<b>EGO</b>
<b>Gift of Desperation</b>	<b>Edging God Out</b>
<b>Group of Drunks</b>	
<b>Good Orderly Direction</b>	<b>ISM</b>
<b>Grow or Die</b>	<b>I, Self, ME</b>

through. I continued to become confronted with people, places and things which reminded me of my past. I saw myself in these situations and outside of me. I found, with the help of a sponsor, who I call my Guru a God of our understanding was showing me the things I didn't like about me and how I operated and what needed to be changed. I had to be willing and I was. The pain continued to come but I continued to grow. This opened my mind to the possibilities that the promises just may be coming true for me and I would.....

D Y O E S T S W E W V R E J V  
 N M A X V A R H D I Y E C B I  
 S Z F Z C I N J C T S P N T N  
 Y O L W F Y T I R K S R E H C  
 J E B S T L S A T E L I L A O  
 E N P R E S M K R Y G E O U M  
 V A P O I V K V R O P V S N P  
 E M E T H E I K H Z T E N I R  
 I F U A A C T G P Y D S I T E  
 L D B L E T W Y R X I J E Y H  
 E T E N E T S E K O C G A R E  
 B H T I A F V J U Q F T M Q N  
 X U I P V O C R A C K P O T S  
 W O M L C K F E V K E R I Z I  
 E C N E T O P I N M O D U T B  
 E B R P W X A E Q E H B R Y L  
 V X T O E L C A R I M U D P E  
 W Z Z Y L L Z B B C T Z L Z L  
 S A F D Q N K W A H A B M M V  
 F P O L A G O B Y U R X U B N

## Word Quest

by Larissa T.

BELIEVE	CRACKPOT
FAITH	FORGIVE
HOPE	INSOLENCE
INCOMPREHENSIBLE	MARTYR
MIRACLE	REPRIEVE
RECOVERY	SANITY
RESTORATIVE	UNITY
SERVICE	SOBRIETY
TENETS	TRUTH
OMNIPOTENCE	VICISSITUDE

### Answers from Last Month's Crossword

#### Down

1. Consternation
2. Deficiencies
3. Ego
4. Altruistic
5. Chicanery
6. Finite
7. Maelstrom
8. Providence
13. Sane
14. Sumptuous

#### Across

2. Doggerel
6. Frothy
9. Calamity
10. Ism
11. Servile
12. Antics
15. Ominous
16. Carom
17. Insidious
18. Delicatessen

## GOD'S BOXES

by Unknown

I have in my hands two boxes,  
 Which God gave me to hold.  
 He said, "Put all your sorrows in the black box,  
 And all your joys in the gold."  
 I heeded His words, and in the two boxes,  
 Both my joys and sorrows I stored,  
 But though the gold became heavier each day,  
 The black was as light as before.  
 With curiosity, I opened the black,  
 I wanted to find out why,  
 And I saw, in the base of the box, a hole,  
 Which my sorrows had fallen out by.  
 I showed the hole to God, and mused,  
 "I wonder where my sorrows could be!"  
 He smiled a gentle smile and said,  
 "My child, they're all here with me..."  
 I asked God, why He gave me the boxes,  
 Why the gold and the black with the hole?  
 "My child, the gold is for you to count your  
 blessings, the black is for you to let go."

### NEWCOMER Q&A

*What is a home group and why do I need one?*

A Home Group is your home in AA. The one meeting you attend no matter what is going on. I was told you go unless you are dead, dying or more than 50 miles away. It's the group that you get to vote in what's happening in your group. A place you can be of service to AA. Most importantly, in my opinion, your home group is where you feel like you belong. When you go every week people begin to know you and when you're off they notice first and are there for you when you need it most.

### KEYS OF THE KINGDOM

A.A. BIG BOOK PG.275

A.A. is not a plan for recovery that can be finished and done with. It is a way of life, and the challenge contained in its principles is great enough to keep any human being striving for as long as he lives. We do not, cannot, outgrow this plan. As arrested alcoholics, we must have a program for living that allows for limitless expansion. Keeping one foot in front of the other is essential for maintaining our arrestment. Others may idle in a retrogressive groove without too much danger, but retrogression can spell death for us. However, this isn't as rough as it sounds, as we do become grateful for the necessity that makes us toe the line, for we find that we are more than compensated for a consistent effort by the countless dividends we receive.

## Artist Angle



#### Fear

F' Everything And Run  
 Face Everything and Recover  
 False Evidence Appearing Real

#### Hope

Hold On Pain Ends

## New Meetings

**New Veterans Meeting**  
 Where: 212 Club 204 W Pitman St,  
 O'Fallon Mo 63366  
 When: Wednesday Nights @ 1900 hours  
 (7:00 P.M.)  
 First Meeting Wednesday March 11<sup>th</sup>



Veterans share an experience that most everyone else just can't understand so it's important that we pull together and share our experiences with each other and just like on deployment help one another through the tough times.

All branches welcome and you need not have deployed to come to these meetings. The military men and women don't need wars to drink and use.

Contact: Johnny Stone With Questions  
 636-357-7386

Here are the steps we took;  
 which are suggested as a program of recovery:



**New**  
 Good old fashioned  
**Step Group**  
 (closed)



We will take a step each week.  
 Read the step from the 12 X 12.

Speaker (who has worked the step)  
 will speak for 20 - 30 minutes.

All members will be encouraged to share and discuss how  
 they apply the step to their lives today.

O'Fallon Christian Church  
 9380 Veterans Memorial Pkwy  
 O'Fallon, MO 63366  
 (1/2 mile east of Bryan Rd)  
 Sunday  
 7:00pm - 8:30pm

## BIRTHDAYS

### Group 4094

Randy P 9 Years  
 Tom C 6 Years

### Group 976

Rachel C 17 Years  
**Group 228**

Rick K. 40 Years  
 Days  
 Anita K. 6 Months  
 Jim R. 6 Months

### Group 979

Bob H 34 Years  
 Ray R 19 Years  
 Jeff D. 2 Years

Patrick D. 1 year  
 Don S. 30 Days  
 Tim S. 30

K.I.S.S.

Keep It Simple Stupid  
 Keep it Simple Sweetheart

## Save the Dates

## 22nd Annual Lake of the Ozarks Circle of Unity Conference

March 27th, 28th & 29th, 2015  
**Freedom From Bondage**

**Friday, March 27th**  
 4:00 pm: Registration Opens  
 6:30pm: Big Book Trivia  
 8:00pm: Mike A. AA / Nashville, Tennessee

**Saturday, March 28th**  
 9:00am: John B. AA / Osage Beach, Missouri  
 1:00pm: Mary P. AFG/Columbia, Missouri  
 2:30pm: Jay M. AA/Eureka Springs, Arkansas  
 8:00pm: Charley H. AA / Las Vegas, Nevada

**Sunday, March 29th**  
 10:00am: Cia F. AA / Los Angeles, California

Other Events  
 Marathon Meetings  
 Newcomers speaker meeting  
 Old Timers speaker meeting  
 Ice Cream Social after Friday & Saturday night speakers (3:00 person)  
 Dance on Friday and Saturday following the 8pm speakers  
 Banquet on Saturday 5:30pm (\$19.50 / person)  
 Full Weekend of AFG Meetings  
 Hospitality Room, Souvenirs, Raffle Drawings

## 12 Steps to Freedom

- 2 Thursdays
- 6 Speakers
- 1 Location
- 12 Steps

The Format of both evenings will be two 30 minute speakers followed by a break and then another 30 minute speaker

District A.A. Service Committee Displays

Archives Displays

Snacks provided

Of course, Coffee

All speakers will be Recorded

Attend one or both meetings

Time is tight, so please be on time

Open meetings

An In-Depth Look at the Twelve Step Process

The Where ...  
 Webster Groves Christian Church  
 1320 Lockwood Ave.,  
 Glendale, MO 63122  
 (Just West of Berry Road)

...And When  
 March 12th and 19th  
 7 to 9 p.m. both nights

How It Works:  
 —March 12th—  
 Steps 1, 2, 3  
 Steps 4, 5  
 Break  
 Steps 6, 7

—March 19th—  
 Steps 8, 9  
 Steps 10, 11  
 Break  
 Step 12

Sponsors, bring your sponsees  
 Sponsees, bring your sponsors  
 For information: Mike 314-835-8731

Supported by districts 2, 5, 8, 14, 16, 19, and 41

## Spring Fling Convention Presents COMEDY NIGHT & POG LUCK

A Night of Fun, Fellowship, & Laughter  
**Saturday, March 21, 2015**  
 St. Vincent's Church  
 1408 S. 10<sup>th</sup> Street, 63104  
 (corner of 10<sup>th</sup> & Park, just west of Hwy 44 & Park)

6:00 pm - Potluck - Bring your favorite dish. Meat & Drinks Provided  
 7:00 pm - Al-Anon Speaker - Jan S.  
 7:30 pm - AA Speaker - Jason B.  
 8:00 pm - LET THE COMEDY & LAUGHTER BEGIN

Introduction and Comedy Warm Up by Mark B.

**Barclay R.**

TICKETS ARE ONLY \$15.  
 ALL PROCEEDS WILL HELP FUND THE SPRING FLING CONVENTION.

To Purchase Tickets contact: Deb V. 314-825-1957  
 debavergano@rocketmail.com

TICKETS ARE ALSO BEING SOLD BY SPRINGFLING COMMITTEE MEMBERS  
**BUY YOUR TICKETS EARLY!!! SEATING IS LIMITED**  
 Tickets sell out very quickly

Sober Women Celebrating Sober Women  
**31st Annual Women's Luncheon**

May 3<sup>rd</sup>, 2015  
**Orlando's**  
 2050 Dunnet Village Plaza  
 Maryland Heights, MO 63043  
 Social Hour: 11:30 am  
 Luncheon: 12:00 pm

Speaker: Laura V. Sikeston, MO

Hot Categories: Wear Your Best Hat! Prizes for Best Hat!  
 • Best Vintage  
 • Most Innovative  
 • Most Glamorous

HOSTED BY DISTRICT 52

Mail Registration:  
 Greater St. Louis Area AAWL  
 PO Box 2274  
 St. Louis, MO 63109  
 Deadline: April 18th, 2015

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 # of Luncheon(s) \_\_\_\_\_ X \$22 = Total Registration Amount: \$ \_\_\_\_\_  
 Meal Preference: \_\_\_\_\_ (Total # of meals)  
 District # \_\_\_\_\_  
 Special Needs: \_\_\_\_\_  
 Registration: Christy P. cpa@flrj2@gmail.com P: 314-346-6881 or Questions: Stacy H. thomas738@att.net

\*Important: To sit together, submit together (limit 10 per table) No reservations accepted at the door.

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 H. - Granada Hills, CA  
**SATURDAY MORNING** 8:00am  
 Al-Anon Workshop  
**SATURDAY MORNING\*** 10:00am  
 W.C.L. - Belleville, IL  
**AL-ANON LUNCHEON\*** 12:00pm  
 Michele B. - Dingmans 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

Robby S. 314-757-0357  
 Debra V. 314-825-1957  
 Email: springflingconvention@yahoo.com

FREE PARKING  
 Pay/Pal Registration - [www.springflingstl.com](http://www.springflingstl.com) - On-line Room Reservations

CONVENTION REGISTRATION FORM (copy as necessary)  
 Please complete and mail to Spring Fling Convention, PO Box 8424, St. Louis, MO 63108. Complete a separate form for each individual registration, which is REQUIRED FOR SEATING. Total registration return payable to SRC.

Name: \_\_\_\_\_  
 District: \_\_\_\_\_  
 Entering information below gives permission to receive mailings and/or newsletter from the Spring Fling only.  
 Email: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Pre-Registration: \$15.00  
 Pay/Pal Registration: \$20.00  
 Dinner Registration: \$20.00  
 Banquet Sat. Night: \$30.00  
 Al-Anon Lunch, Saturday: \$10.00  
 Sunday Breakfast: \$15.00  
 Hospitality/Networking Reception: \$ \_\_\_\_\_  
 Total: \$ \_\_\_\_\_

\*Interpreters for the deaf and hard-of-hearing? Check Special Needs Section.  
 Cut-off for accommodations & mail-in registration is **May 15, 2015**  
 TO SIT TOGETHER AT BANQUET, REGISTRATION FORMS MUST BE SUBMITTED TOGETHER.

Have anything you would like to submit please send it in by March 27 to [SobrietySentinel@gmail.com](mailto:SobrietySentinel@gmail.com)

Next Committee meeting will be March 31 @ 6:30 Tricounty Office 305 Depot Road