

Sobriety Sentinel

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

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

Welcome!

There is a solution



March 2015

SobrietySentinel@gmail.com

Experience Strength and Hope

When I started working on my steps with my first sponsor, Steps 1, 2, and 3 were a breath of fresh air for me; to finally understand that I did not have to do this thing called life and recovery alone was comforting. I had a Higher Power I could rely on, surrender to, that was a huge weight off my shoulders. I had started to feel better than I had in years.

My sponsor at the time told me it was now time to take action, time to start working on Step 4. I was not really afraid to list my resentments towards others, however the part that I had played and the moral inventory was more difficult for me. I procrastinated for about a month, before I finally put pen to paper and I knew I needed a place where I could be alone

with my thoughts and after praying I locked myself in my room for about 8 hours. I finally realized if I was going to have any sort of quality sobriety I had to start and the difficult part for me, actually finish my Step 4. I believe it was a God thing because once I started it just flowed out of me.

You know writing down all these, what I perceived to be, negative things, peeling away the layers of my behavior and my perception of other people's behaviors, was exactly what I needed to do. I had to honestly look at myself, because when I went back and read over what I had fearlessly written; I realized I was projecting my own character defects on to those I cared most about.

Looking at the common thread with everyone on my list, I realized I had a lot of self-esteem and self-loathing issues. I had masked these feelings for so long with the alcohol and the drugs, the thought of actually sharing with another person that I felt this way about myself, honestly brought with it a lot of fear. I was this person that had substance induced self-confidence, when in reality I felt completely inferior.

Step 4 was the step when I finally completed it, I now had this blue print, this outline that I could use to start working on these character defects and right the wrongs my drinking had caused.

I'm grateful every minute of every day for Alcoholics Anonymous and the Twelve Steps. It has changed me and my life forever.

COURAGE
is not the absence of fear
but the acquired ability
to move beyond fear.

TRADITION 4

by J. Money

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

With the 4th tradition I needed help. I do not even know what the word autonomous means or how to use it in a sentence. And every time I hear it read in a meeting I cannot get past the person saying "a whole". So I turned to AA literature. The one thing that has really helped me is to read what Bill W. himself said about this tradition, the most profound thing I found was from Bill

and he said, "You should be responsible to no other authority than your own conscience." Man, how deep is that. You have to be responsible for yourself. Or even bigger your home group has to be responsible for itself. Your group can do what it pleases as long as it does not affect AA as a whole. Below are some of the things that have helped me with this tradition.

"Very simply that every AA group can manage its affairs exactly as it pleases..." (12 x 12, pg 146)

"Any two or three alcoholics gathered together for sobriety may call themselves an AA group provided that as a group they have no other affiliation"... "Sobriety has to be its sole objective" (12 x 12, pg 146-147)

"The group, exactly like the individual, MUST eventually conform to whatever tested principles would guarantee survival." (12 x 12, pg 146)

"You should be responsible to no other authority than your own conscience."

So people get in your own lane. Stop worrying about what everyone else is doing and stick to yourself and your home group.

Service Positions:

Activities Committee

Twelve Step Call list

Website Committee, support and volunteers

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

Archives Committee Chairperson
Volunteers to write for the Sobriety Sentinel

email sobrietySentinel@gmail.com and we will get you connected with how to be of service to any of the above positions

Principal of step 4

Courage

Unfortunately based on my experience most people reading this will never complete this step. This is the stall point for many, my opinion is that the courage to work step 4 is the very same courage needed to work the rest of the remaining steps. Fortunately however, based on my experience a very high percentage of people who work this step continue on to complete the rest of the remaining steps. Courage to trust our sponsors through this process, courage to find our part of resentments that we have so much invested in, courage to admit that at times we were wrong. Courage to recognize that at times we were right but handled situation/s wrong. Courage is the principal of this step paradoxically it is also the promise of this step as well. As result of completing step 4 we will possess the necessary courage to complete the remaining steps. It is never my intention to offend please take what you want and leave the rest.

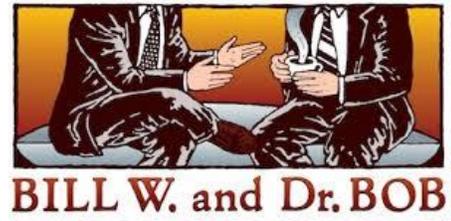


BILL W. & DR. BOB PLAY REVIEW *By Anonymous*

Over the last 2 weekends here in "The Tri-County Area" we were fortunate enough to have been treated to a play about Bill W, Lois W, Dr. Bob & his wife Anne. I felt the need to write a little something about this because the play was such a treat for all who attended and then to go to my home group meeting and listen to all the comments. One woman said as we read the Big Book she now sees the scenes being acted out as she had seen in the play. I found that pretty powerful & moving. Another friend that I

attended the play with said to me the next day "I wished that some of the scenes were longer, I was enjoying them so much, I didn't want them to end". The play was viewed by over 600 people. O'Fallon Theatre Works agreed to do the play because of its relevance. I myself really enjoyed the play and am so very proud to call many of the actors my good friends in AA. Dave H. played Bill W., Patty R. played Lois W., Tim R., Dr. Bob, Kim M., Anne (not an AA member), Cory M., various characters, Jerry

C., various characters and a few other talented actors & actresses associated with the "O Fallon Theatre Works". What a wonderful treat for all who attended. Thanks guys for a wonderful performance.



WORKING STEP 4

I have used 4th step guides from treatment centers, Joe and Charlie, and written my story out. All of which gave me a measure of growth but the best was to outline in the big book. The biggest problem I ever had with this step was not understanding the mechanics of how to do it. That is where all of these guides come in but they didn't clear it up and sometimes made it worse. 1. The Hazelton guide is completely foreign to me I just don't get it. 2. Joe and Charlie check boxes guide is ok but I was still checking boxes that I didn't completely understand instead of putting into my own words how these resentments, fears, or harms done to others affected me. This is exactly where I got hung up. Solution was to put in to my own words how these items affected me and realize the power that I was giving these items to hold over me. It is my sponsors job to sort it out from there, my job it to complete the thing so that I understand it.

DEEP AWARENESS *by Big Dave*

I was taught that I need to be grateful or appreciative for where I'm at and eager for what's to come. I also learned and believe that 17 seconds of positive thought is equivalent to 20 hours of effort.... That how I "feel" is the most powerful form of prayer and that is what I'm asking God, the universe, source energy, for more of.

These few things have changed my life! Today, I'm more grateful than I have ever been. If my life doesn't change at all, I could die a very happy man. I have friendships that movies are made about. I have the kind of relationship with Jessi Hogue that I believe very few people even know exists. I work with

my best friends. I have children that I enjoy spending time with, and that enjoy spending time with me. I have a home and property. I have parents that love me and live 50 ft away. I have a community that supports me and supports my success. I have more things to be grateful for than you want to read. Still, I know my life is changing, and I'm excited to see where it goes. This life is not possible to "work" for. There is not any amount of effort that I could have put in to receive these things. These things, this life, and everything that is coming down the pipe, are all gifts. These gifts are a direct result from me practicing these few things.



Gratefully Borrowed

It's amazing to me how Restless, Irritable and Discontent can sneak up on me. As far as I know I am minding my own business, doing what needs to be done, celebrating a wonderful miracle, perhaps mourning a loss, possibly giving a bit too much to others.

Then it strikes me. I do not want to play. I do not want to be part of anything. I want to say snarky things which keep you wondering what you did. But most of all, I want you to ask how I **am** doing. I want you to say "you are so important to me" but even if you do, I won't believe you.

It feels like my skin is too tight. That I must retreat from human contact. That I am surrounded by insensitive idiots (my beloved family and best friends). That life is just too hard and never going to get any better, so what's the use.

Today I'm going to have as much fun as possible. Today I am going to try to remain as positive as I can. Today I will focus on what I have in my life and how much I VALUE it. Today I feel incredible!

How do I choose a sponsor?

I have always heard find someone that has what you want. However when you first come in what is that you want? I had no clue I found someone and asked them to be my sponsor. I was surprised when they said yes! I thought wait till they hear all my issues they will run for the hills. Something happened they actually related with me. They gave me time, helped me get through some rough times and even to this day is there for me. As time went on I moved on to another sponsor. I again looked for something I wanted. Some find that one sponsor they stay with and others move on. When I first got sober I just wanted to learn to not drink as time went on I wanted someone that was involved in service, at a lot of the same meeting and most of all someone my HP put in my life at just the right time. It's easy to complicate things but with choosing a sponsor I suggest to keep it simple and find what works for you.

Fortunately, I know this too shall pass and there may or may not be a reason for my special anguish today. It just is...

I know the more I resist the funk or feelings of today, the more likely it will multiply and bleed over into all areas of my life for the foreseeable future. Further, I find self-examination (for defects of character) when I am in the R.I.D. fog, to be a nonproductive and often abusive behavior which just increases the pissy-ness.

But...if I am gentle with myself and allow myself to feel how I feel without shame and blame, the sooner it passes. I also hang up my supernatural delusions and become a human again...a human who had a crappy feeling or two.

Promises *by Patty R*

We are going to know a new freedom & a new happiness. The obsession to drink has been lifted. How freeing is that? Powerless over people, places & things that is a new freedom too. I had to make many adjustments. Changing everything is difficult. First of all, I do not like some changes and was not willing to encompass all of this. I took it piecemeal myself. I have had to learn that I am not in control of

people's actions and reactions. I can make changes in my perception of what is going on and try to look at the situation differently and not react. My happiness is not contingent upon anyone else. I can start my day over at any time and find acceptance with whatever is happening and maintain my composure. I don't have to have an ordinary reaction to ordinary life. These

choices have been mine, I just never knew how much alcohol had controlled me until I came into AA and worked the steps and talked to other people who like me have this disease. I have a higher power that I can trust with all of my circumstances when I am willing. I am truly blessed today to have some acceptance in many situations and find peace.

Big Book Trivia *by Larrissa*

- Who were the two people who started up our fellowship?
 - Jack A. and Diane P.
 - Bill W. and Bob S.
 - Sonny and Cher.
 - Frank A. and Gene K.
- How many A.A. members were there when they wrote the book, "Alcoholics Anonymous"?
 - 100.
 - About a dozen.
 - 2, just Bill and Bob.
 - Over a thousand.
- What did the 'W' stand for in Bill W.?
 - Woodruff.
 - Wine'o', an old nickname
 - Watson.
 - Wilson.
- How many pages were there in the original Big Book, without stories?
 - 100, one page for each member.
 - 164.
 - 132.
 - 325.
- What is the "Grapevine"?
 - A small magazine put out by A.A..
 - A song by the Four Tops.
 - A method of doing a 4th step.
 - A name given to the holding of hands at the end of the meeting.
- What is a sponsor?
 - A local business who sponsors your involvement with A.A..
 - A person who leads the meeting.
 - The person with the longest amount of sobriety at a meeting.
 - A person who helps you work a program.
- When did Bill W. and Dr. Bob meet?
 - 1945.
 - 1939.
 - 1935.
 - 1901.
- Who was the nun who really helped A.A. in the Akron hospitals?
 - Sister Ignatia.
 - Sister Teresa.
 - Mother Superior.
 - Gidget.
- When did Dr Bob get sober?
 - February 14th.
 - June 10th.
 - July 20th.
 - July 21st.
- Why are we anonymous?
 - If somebody relapsed they didn't want people to think it was because AA didn't work.
 - To keep ego's in check, nobody can be "Mr./Mrs. AA" if they are AI.
 - Being an alcoholic was a disgraceful thing when AA started.
 - ALL OF THE ABOVE.

Newcomer Q&A

Why should I call people from the packets or list? Calling someone on the list is important to me for many reasons. Picking up the 5,000 pound phone seems impossible when things are piling on. What you don't realize is you are helping the person you call more than you know, you are not a burden. Call on a good day to it makes it that much easier to pick up the phone when you really need it. It helps you build a support network and start to develop friendships you have never experienced before.

Before You Speak:



T Is it True?

H Is it Helpful?

I Is it Inspiring?

N Is it Necessary?

K Is it Kind?

Artist Angle

Submission by Ben



Come Support Us

Tuesday Nights 8:00 pm - 9:00 pm

Group #592

Big Book Study Open Meeting
 Good Shepherd United Church of Christ
 Elm Street, St. Charles In Basement, enter in back

Wednesday Nights 7:00 - 8:00 pm

Walking With Women
 Rotating Women's meeting
 Knights of Columbus
 2061 Grothe Rd Flint Hill, MO

Thursday Nights 7:00 - 8:00 pm

Group 5
 Speaker Closed Meeting
 Friedens Church
 1703 S. Old Highway 94 St Charles, MO

Sunday Nights 8:00 - 9:00 pm

Group 615
 Big Book Study Open Meeting
 212 Club
 204 W. Pitman O'Fallon, MO

MARCH BIRTHDAYS

Group 979

Christine W. 9 months

Group 694

Amy S. 30 years

Group 4094

Isreal S. 23 Years

Craig F. 19 Years

Group 124

John K 30 Years

Jeff R. 11 Years

Group 976

Alexa W. 3 years

Sherry K. 2 years

Group 915

Janet T 7 Years

Elizabeth G. 12 years



Save the Dates

Solar Women Celebrating Solar Women
31st Annual Women's Luncheon

May 3rd, 2015
 Orlando's
 2001 Bennett Village Plaza
 Maryland Heights, MO 63043

Social Hour: 11:30 am
 Luncheon: 12:00 pm

Speaker: **Laura V. Skilton, MD**

Hosted by DISTRICT 32

Mail Registration:
 Greater St. Louis Area AAUW
 PO Box 2274
 St. Louis, MO 63109

Deadline: April 18th, 2015

Registration: Christy P. cpeffner2@gmail.com P: 314-346-6881 or Questions: Stacy H. shonem2@aol.com

Friends of Bill W.
35th Annual Float Trip!

June 5th, 6th, & 7th

Location: **BASS RIVER RESORT**

Directions: I-44 west to Cuba (exit #208), then south on Hwy 19 to Steeleville, in Steeleville go into 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

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

SAVE THE DATE

WHEN: **Oct 1st - 4th, 2015**

WHERE: **Saint Louis, MO**

Registration and Hotel details to follow, check the website and register for email updates at: TW2015-Info@NAATW.org

Web Sites • eServices • Bulk Email • Mobile NOW
 Meeting Search • Area Technology Search • Ways to Manage Content • Instruments in Mobile Apps
 Cloud Storage and Backup • Web Management

WWW.NAATW.ORG

AN AA CONVENTION WITH AL-ANON PARTICIPATION

7th ANNUAL SPRING FLING CONVENTION
 "ACCEPTANCE IS THE ANSWER"
MEMORIAL DAY WEEKEND

May 22-24, 2015

THE DOUBLETREE HOTEL
 NEAR WESTPORT

Room Rate \$89 through 5/15/14
 Member Spring Fling for Reduced Rate

1973 Craigshire Road
 Saint Louis, MO 63146

See website for map

PLEASE REGISTER EARLY!
www.springflingstl.com - On-line Room Reservations

22nd Annual Women In Recovery
 Camp & Float Trip
 June 26, 27, & 28 2015
 Riverview Ranch Boaters, MO

SCHEDULE OF EVENTS

| | | |
|----------|-----------------------------------------------|-----------------------------|
| Friday | Arrive and check in for camp & float trip | 4:00 pm - check in for camp |
| 6:00 pm | Wine and Cheese | |
| 6:00 pm | Dinner at Riverside Ranch | |
| 6:00 pm | Campfire AA Speaker Meeting | |
| 6:00 pm | Campfire AA Topic Meeting | |
| 6:00 pm | Breakfast | |
| 6:00 pm | Morning Meditation & Daily Recovery | |
| 6:00 am | 1 1/2 mile float on river with 1000' LUNCH | |
| 6:00 am | Dinner at Riverside Ranch Restaurant | |
| 7:00 pm | Speaker Meeting - Complete AA Speaker Meeting | |
| 8:00 pm | Open Bar Social Hour | |
| Saturday | 6:00 am | Breakfast |
| 6:00 am | Campfire AA Meeting & Spiritual Speaker | |
| 6:00 am | Breakfast | |
| 6:00 am | Recovery Trip to Camp | |

REGISTRATION FORM - ONE FORM PER PERSON

DECLINE: JUNE 14, 2015

Full Name: _____
 E-mail Address: _____
 Address: _____
 City, State, Zip: _____

PRE-ORDER 1 DRINKS \$10.00 each

| SIZE | BEER | WINE | SOFT | WATER |
|---------|----------|-----------|-----------|-----------|
| Small | 25¢ each | 50¢ each | 50¢ each | 50¢ each |
| Medium | 35¢ each | 70¢ each | 70¢ each | 70¢ each |
| Large | 45¢ each | 90¢ each | 90¢ each | 90¢ each |
| Large 2 | 60¢ each | 120¢ each | 120¢ each | 120¢ each |

REGISTRATION FORM - ONE FORM PER PERSON

DECLINE: JUNE 14, 2015

Full Name: _____
 E-mail Address: _____
 Address: _____
 City, State, Zip: _____

HOPE fest 2015
 one community drug/alcohol free

Saturday May 9, 2015
 11:00a.m.-5:00p.m.
 Westhoff Park
 810 Sheppard Dr, O'Fallon, MO 63366

FOR the whole FAMILY
 music food teen area
 children's area resources
 fellowship

For more info contact:
 Kelley L.
 636-336-5635

Writers' deadline is May 1st if you want to submit please email it to SobrietySentinel@gmail.com. Come be involved in the Next Sobriety Sentinel Meeting on May 5th held at the intergroup office 305 Depot Road. Thank you to all that are involved this is not possible without you.