

Sobriety Sentinel

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

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

"WE ADMITTED WE WERE POWERLESS OVER ALCOHOL - THAT OUR LIVES HAD BECOME UNMANAGEABLE."



Alcoholism an equal opportunity destroyer, and the program of recovery is an equal opportunity restorer." I'm not sure where I "borrowed" that quote from, but I am reposting it with gratitude and today I am grateful. Reflecting on Step One, I have heard and do believe that it's the only step that I can and should do 100%. It's not the only step of course, but I need to continually remind myself of what it was like, what happened, and what it is like today. I have to ask for help on a daily basis. I need to remember to say "thank you" when I do my 10th step inventory at the day's end. I don't believe that Step One is considered an "action step," but it's the step that kept me out there drinking for close to forty years. My first meeting of Alcoholics Anonymous was in 1974. I believe the meeting was held on Main St. in St. Charles. Of course I didn't need the program at the time, though I had already had a D.W.I., a night in jail, and numerous problems with driving and in my relationships. I was just curious and concerned because we had just laid my Mother to rest. She died by her own hand, as a result of what I believe, was untreated alcoholism. She had been dry for about 4 years and chose to go back to drinking. Her joke for years had been that she knew she wasn't an alcoholic because she didn't have to attend all those darned old meetings. I stayed away until the early 1980's and then started a round of treatment centers, counseling appointments, and trips in and out of the rooms. I always seemed to buckle and back out after working the Third Step. For years I assumed it was the

like the hardest thing, but the most rewarding thing I have ever done in my life. I don't mean the Program is hard. We just seem to want to complicate our lives whenever possible. Today it is so much easier for me if I remember to "Let Go and Let God," "Trust the Process," and "Think, think, think," along with so many others things that you all have taught me through the years Today, I try to remain grateful, teachable and have an open heart and mind. By surrendering to the fact that I'm powerless over alcohol and that my life is unmanageable, by me, I have a sense of new freedom and new happiness. I love all of you and you can't do a darned thing about it!

old adage that if you don't do a fourth, you'll drink a fifth. I could not conform to the disease concept of alcoholism for many years. In the early part of our current century, I started taking my drinking a little more seriously and began questioning "my right" to drink. It took still more time and pain for my bottom to come. I firmly believe that is when God, as I understand Him, intervened and allowed me take a long, hard look at myself. I was on the verge of giving up a relationship with my patient, loving spouse. I was ready to give up my home to protect "my right to drink." Not to mention that I had lost "self" years beforehand. Through working the steps over and over with my sponsor, I have come to realize that I had never *surrendered* to the facts as they are:

- a) *I am alcoholic and cannot manage my own life.*
- b) *That no human power could relieve me of my alcoholism.*
- c) *That God could and would if I but seek Him.*

If you're new or fairly new to the program, it's my fervent prayer that you don't give up. I do believe that whatever God there might be in your life, directs you. Sometimes over and over as my Higher Power did, but there is a reason why I kept coming back. I know now that this Program is what I was searching for all of my life. And it is a "we" program. It seems

Welcome!
There is a solution



January 2016
SobrietySentinel@gmail.com

Service Positions:

Activities Committee Chairperson
Archives Committee Chairperson
Sobriety Sentinel Co-Chair
Website Committee, support and volunteers
District 19
Alternate DCM
Secretary
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



HONESTY

The principle of step one is Honesty and that may be putting it mildly instead of being the first to know our situation we are usually the last. Everyone around us usually knows long before we do that we suffer from this disease assuming that they are aware that we are sick. It usually takes an extreme amount of confrontation to successfully challenge our denial. Courts, family, doctors or a combination of the three. However we get through the denial and see our problem for what it is, considered a moment of clarity, spiritual awakening, or miracle. This is possibly the most overlooked and understood achievement that any alcoholic can make for no alcoholic can get sober without a change of thinking sufficient enough to bring about recovery from this disease. This is like having lightning in a bottle and the rest of the steps are for the purpose of perfecting, enlarging, and growing this spiritual spark that is our beginning. The promise of step one in my opinion is relief.

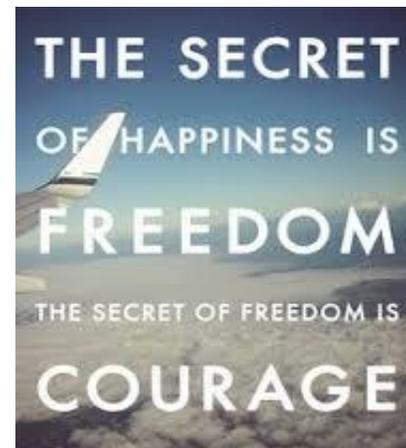
WE ARE GOING TO KNOW A NEW FREEDOM AND A NEW HAPPINESS

We are going to know a new freedom and a new happiness... wow that is deep. For this alcoholic that was something that I never thought it my wildest dreams would happen. I thought I was free and I was happy but (everything thing before the "but" was a lie I told myself) that was my disease trying to keep its hold on me. There are many ways that we can be free. Not being in jail is one of those, but what about the jail you create? Not the physical institution that we all know so well. The jail of the mind, not the body, can be just as confining. When I drank so many things would mentally lock me up. I can't get that raise or promotion because I'm always hung over and never get all of my work done when it should be, so why bother. My family just expects me to fail, so why get better. If you're asking yourself what does this have to do with this promise let me explain. I'm free to go anywhere any "normal" man can go. That is it wow; when the need to drink is lifted (for me it took months even though I faked it). I am now truly free and happy! I can go to those places that scared the hell out of me the grocery store, the gas station, restaurants all those places. I have a family not of blood but

a family that I choose, one that loved me when I couldn't love myself or even knew what love was. I was always locked up in my mind. I had to concede to myself that the jailor was alcohol and the jail was of my own making. No matter what you have been told you can't find happiness at the bottom of a bottle. It comes from family and friends that truly care about you and not what you can provide for them. For years I thought the greatest gift you can give is monetary, a big house or a fancy car but truth be told it's our time and being present (that is why it's called present because it's a gift). Not everyone wants the money they just want time. That is truer happiness than money can buy.

Today I'm happy I don't have to buy friends not with a drink or with money, I can be around those people but not for long. The truth is I may not know the next right thing but I definitely know the next wrong thing. The freedom that comes with not having to worry about where the next drink is coming from or how am I going to pay the light bill now that I drank the money away is irreplaceable. The happiness I see

in others that I'm not a drunken fool is my happiness (because I'm not that drunken fool). We can be happy and free we have all taken that journey, not the place we never thought we could go, but with real sobriety (both physical and mental) we can achieve what was out of reach for so long freedom and happiness. Remember that look in a child's eye when they are truly happy, that is what this promise has given this alcoholic a real freedom and happiness that no chemical can provide. Not make a permanent solution for a temporary problem.



Leo Altomari

4/2/2013

Our common welfare should come first: personal recovery depends upon A.A. unity.

This is really simple, without the program we die. So as a matter of personal survival we need to maintain and advance the programs unity and longevity. Which does not include rolling our eyes or getting an attitude when someone suggests a tradition meeting. The traditions are not something we have the luxury of being above. People seem to forget that many alcoholics died in the early years of A.A. learning the lessons that are now our traditions. It is rare (in my experience) for newcomers to adopt a negative attitude toward traditions it has been more (again in my experience) people with some measure of time that feel they have "earned" the right to be negative concerning this part of our program. Personal recovery depends upon A.A. unity..... Ask yourself how these guys could get the Big Book, Steps and everything else so right but

that tradition business is unnecessary or even wrong? So for the purpose of unity if fully embracing this part of our program is not palatable right now please keep your unpleasantness to yourself.

I had a sponsor, who was big on working the traditions in his marriage and here is a spin on Tradition one that may be interesting..... Take what you want and leave the rest. Like the program unity is a huge component in any marriage or committed relationship in short it is putting the relationship before self. What might be good for me personally may not be good for the relationship. To be a good partner I have to live this principle unconditionally.

Anonymous



Step 1 Prayer

GOD, CREATIVE INTELLIGENCE, UNIVERSAL MIND, SPIRIT OF NATURE OR SPIRIT OF THE UNIVERSE MY NAME IS _____, AND I'M A REAL ALCOHOLIC ... AND I NEED YOUR HELP TODAY.

(pg. 10-2, 46, & Chp. 3 BB)

OF RECOVERY;

(E) OBTAIN AND STUDY THE BIG BOOK, ALCOHOLICS ANONYMOUS.

Word Jumble *by Larissa*

Step One . Is about....

MIDTATED	<input type="text"/>
SEWLESROP	<input type="text"/>
NUELEAGBAMNA	<input type="text"/>
NORTOCL	<input type="text"/>
COHCOLLIA	<input type="text"/>
RYIBOEST	<input type="text"/>
ITANINYIS	<input type="text"/>
RYEVCOER	<input type="text"/>
ECCEBNO	<input type="text"/>
LUNISOOT	<input type="text"/>
GYARLLE	<input type="text"/>
LEIDUSNO	<input type="text"/>
SOPNOSR	<input type="text"/>
LOMRPBE	<input type="text"/>
LEPH	<input type="text"/>
TEDFEA	<input type="text"/>

Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.

GRATEFULLY BORROWED

APPRECIATE OURSELVES

It is time to stop this nonsense of running around picking on ourselves. We may have walked through much of our life apologizing for ourselves either directly or indirectly - feeling less valuable than others, believing that they know better than we do, and believing that somehow others are meant to be here and we are not.

We have a right to be here. We have a right to be ourselves. We are here. There is a purpose, a reason, and an intention for our life. We do not have to apologize for being here or being who we are. We are good enough, and deserving.

Others do not have our magic. We have our magic. It is in us. It doesn't matter what we've done in our past. We all have a past, woven with mistakes, successes, and learning experiences. We have a right to our past.

It is ours. It has worked to shape and form us. As we progress on this journey, we shall see how each of our experiences will be turned around and used for good.

We have already spent too much time being ashamed, being apologetic, and doubting the beauty of ourselves. Be done with it. Let it go. It is an unnecessary burden. Others have rights, but so do we. We are neither less than nor more than.

We are equal. We are who we are.

That is whom we were created and intended to be. That, my friend, is a wonderful gift.

God, help me own my power to love and appreciate myself. Help me give myself validity instead of looking to others to do that. Bill W., December

1957

c. 1988AAWS, *The Language of the Heart*, p. 234

FIRST STEP PRAYER

DEAR LORD, HELP ME TO SEE AND ADMIT THAT I AM POWERLESS OVER MY ALCOHOLISM. HELP ME TO UNDERSTAND HOW MY ALCOHOLISM HAS LED TO UNMANAGEABILITY IN MY LIFE. HELP ME THIS DAY TO UNDERSTAND THE TRUE MEANING OF POWERLESSNESS, REMOVE FROM ME ALL DENIAL OF MY ALCOHOLISM. (THIS PRAYER IS DEVELOPED FROM THE CHAPTER MORE ABOUT ALCOHOLISM)

CONTRIBUTIONS

Groups 979, 967, 50

Districts 14 & 19



Save the Dates

Group 5
Margaret F 35 Years
Mike K. 3 Years
Jim S. 34 Years

Group 435
Chad Z 8 Years
Kevin C. 10 Years
Giff D. 24 Years

Group 495
Bridget G. 33 Years
Will M. 47 Years

Group 967
Jen W. 3 Years
Wendy L. 1 Year

Group 228
Ed F. 10 Years
George L. 1 Year
Angela R 1 Year

Group 915
Alissa B. 2 Years
Jim C. 2 Years

Group 979
Bob S. 21 Years
Ike S. 10 Years
James T. 1 Year

Group 4094
Bob W 9 Years
James D 4 Years

Crystal M. 9 Years
Angela S. 1 Year
Josh F 30 Days

The Fall Classic Committee*
Presents:
The Ninth Annual
Super Chili Bowl Cook-Off

What: A family-friendly event!
When: Sunday, February 7, 2016
Where: Grace Episcopal Church
514 East Argonne Drive, Kirkwood, MO, 63122

Speakers start at 4:00PM
(AI-Anon: Kristen M.) & (AA: Alex Z, John V., & Jimmy M.)
Game Kickoff is at 5:00PM

We need your chili! We want to have plenty for everyone to try! Those participating in the cook-off, please arrive by 3:30PM and let us know (see # below) that you're bringing a chili. All types of chili are welcome: With meat, with chicken, with/without beans, vegetarian, etc...

The Football game will be televised
Suggested Donation is \$5.00
Prizes will be awarded for best chili, per category entered.
Contact: David S. (314)283-2538 for more information or notification as chili entrant
DO NOT CALL THE CHURCH
*This flyer is for informational purposes only.

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

RECOVERY SWAG
BECAUSE WE ARE NOT A GLUM LOT!

Wentzville Alateen
Needs your support
Meets every Monday night @ 7pm
AA meeting held at same time.

39ND ANNUAL WOMEN'S LUNCHEON
May 1st 2016
ORLANDO'S
3900 Daniels Village Plaza
Maryland Heights, MO 63043
Guest Speaker
JOY H.
SHAWNEE, KANSAS
SOCIAL HOUR: 11:50 AM
LUNCHEON: 12:00 PM

HAT CONTEST
♦ Best Vintage
♦ Most Innovative
♦ Most Glamorous

PLEASE MAIL REGISTRATION TO PO BOX 13794, OKLAHOMA CITY, OK, 73113

Name _____ Member Of
Address _____ Alateen AA
City _____ State _____ Zip _____ Special Needs
Phone # _____ Deaf Wheel Chair Other
Sobriety Date _____ Would You Be Willing.....?
E-mail _____ Volunteer Outreach
Is This Your 1st HACYPAA? YES Cash Check Card
Sponsoring Someone? (MAKE CHECKS PAYABLE TO HACYPAA)
Name _____ Sobriety Date _____ Today's Date _____

MAIL REGISTRATION
GREATER ST LOUIS AREA AA/AL
PO BOX 7312
ST. CHARLES, MO 63022-0731
DEADLINE: APRIL 28, 2016
Registration:
Julie B. julieb56@yahoo.com 314-893-3472
Jenna S. jenna_s_rich@yahoo.com 314-520-0941

SPECIAL NEEDS:
To Reserve a table together please send all reservation at the same time tables sit 10

Group #132 43rd Annual Potluck
FEBRUARY 23RD 2016
Doors open @ 6pm
Speaker Starts @ 7:30

AA SPEAKER
AL-NON SPEAKER
FOOD AND FELLOWSHIP
OPEN MEETING
BRING A SIDE DISH OR DESSERT

New Hope Presbyterian Church
Intersection of Hwy 94 & Kisker Road
1580 Kisker Road St Charles MO 63304

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 February 2 @ 6:30 pm Intergroup Office