

# Sobriety Sentinel

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

Welcome!  
There is a solution



April 2019  
[SobrietySentinel@gmail.com](mailto:SobrietySentinel@gmail.com)

## STEP 4

*“Made a searching and fearless moral inventory of ourselves.”*



### Intergroup

#### Open Service Positions:

- Tri-County Intergroup Outreach Chair

Please submit any open service positions to the Sobriety Sentinel

## Confronting Our Reflection

People drink for many different reasons. A wide array of emotions—fear, guilt, anger, resentment, depression, excitement, impetuosity—egg us on. Only by understanding these emotions and recognizing our frailties can we hope to overcome them. By gazing squarely at our own reflection, we see ourselves as we are and not as we would like to imagine. As soon as we do that, we begin the painful process of reform.

Step 4... This is the moment we face reality head-on. That reality can be disturbing. It can be terrifying. It's uncomfortable to admit that we're not only imperfect, but deeply flawed. For some, it is humiliating. We can, of course, take comfort in the fact that we're not alone, that everyone, particularly other recovering alcoholics, also

have their fair share of shortcomings.

We can also remind ourselves of one important fact: A monster that lurks in the dark is far more frightening than one that walks around in the daytime. It is usually the threats we can't see that pose the greatest danger. In order to correctly assess the situation and respond appropriately, we must first turn on the light. We must confront our failings.

We must ask ourselves the critical questions: What stops us from becoming sober? What character defects or emotions erect a barrier between us and success? What has contributed to our downward spiral? Which relationships are harmful? Starting with the obvious, we gradually make our way to the more obscure.

### Taking Responsibility for Our Shortcomings

Unfortunately, pride often stands in the way of honest self-assessment. Self-importance and self-justification block the path forward. Ego hinders progress. Some refuse to believe they have serious character flaws. Many blame alcohol for creating their problems, rather than the other way around. Many of us accuse others of causing, or at least contributing, to our alcoholism. We look everywhere but in the mirror. We point the finger at everyone but ourselves.

Step 4... This is the moment when all excuses fall by the wayside, and we begin to take responsibility for our actions. Fortunately, no A.A. participant has to face the task alone. They have others to lean on, and sponsors to hold them accountable. By taking the first step of finding and entering a treatment center for alcohol rehab in Orange County, we surround ourselves with people who are able and willing to help us on the journey.

The truth can be unsettling, but it can also be liberating. When we begin to shed our old habits and attitudes, when we replace them with healthier ones—that is the moment we begin to untie the chains that bind us to alcohol.

*Yellowstone Recovery – January 2017*



# AA/Al-Anon Potluck & Speaker Meeting

Thurs, 30 May 2019

Dardenne Presbyterian Church

7400 South Outer Rd 364, Dardenne Prairie, MO

Christian Life Center/Gym



Doors Open 6:00 pm

Dinner 6:30 pm

Speakers 7:30 pm

## AA & Al-Anon Speakers

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Fried Chicken, Mostaccioli & Drinks Provided

Bring a Side or Dessert to Share

Use Office Entrance Under Canopy

**Just for  
today...**

*I  
will not  
be in  
charge.*



## TRADITION 4

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

1. Do I insist that there are only a few *right* ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

*\*\* These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended for individual use, many AA groups have since used them as a basis for wider discussion.*

I WAS ALWAYS THE  
BLACK SHEEP. THEN I  
STARTED GOING TO  
MEETINGS AND FOUND  
THE REST OF THE HERD.

*We Are Not Saints*

## Save the Dates

### **CHUCKYPAA** **Breakfast Potluck** Waffles and Coffee Provided

**When:** 1<sup>st</sup> Saturday of the month  
@ 11 am

**Where:** 212 Club  
204 West Pitman Street  
Suite G  
O'Fallon, MO 63366

**Suggested Donation \$6**

Come share your  
experience, strength and  
hope around a table that  
has been there since 1943.

### **Group 5**

*Friedens*

**United Church of Christ**

Thursday – 7:00 pm  
1703 South Old Highway 94  
St. Charles

Oldest meeting in  
St. Charles County!

## March Birthdays

### Group 124

John K.	34 Years
Dan S.	2 Years

### Group 5

Keith A.	34 Years
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### Group 979

Bridget F.	6 Months
Maggie P.	3 Years
Melissa M.	3 Years

### Group 4094

Craig F.	23 Years
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Test your knowledge of random facts and support the  
Fall Classic annual conference fundraising efforts!

#### **Where:**

Crestwood Community Center  
9245 Whitecliff Park Ln, Crestwood, Missouri 63126

#### **When:**

Saturday, May 4th 2019  
Doors open at 5:00 pm  
AA/AL-ANON speakers at 6:00 pm  
Trivia at 6:30 pm

#### **What:**

Tables of 8 - \$160 (\$20/person)  
Individual ticket - \$25

For questions or to buy a table/tickets, contact Rachel K. at 314-783-764 or email [info@fall-classic.com](mailto:info@fall-classic.com)!

If you are interested in contributing an Item or Gift Basket to the Fall Classic's Annual Trivia Night Auction, please go to the link below to complete the information collection form!

<https://forms.gle/pLKBiBUeY2CifGP8>