

Sobriety Sentinel

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Welcome!
There is a solution



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STEP TWO

“Came to believe that a power greater than ourselves could restore us to sanity.”



Intergroup

Open Service Positions:

- Tri-County Intergroup Outreach Chair

Please submit any open service positions to the Sobriety Sentinel

Taking a Deeper Dive Into Step 2

The second step deters many addicts and alcoholics from joining “the fellowship” of AA or any other twelve step program, often because they don’t truly understand what this step means.

First, we must give context to what is meant by insanity. Many alcoholics don’t feel like they are insane. They may even feel like it is insane to ever label themselves as insane. However, it is commonly expressed that insanity means to repeat the same actions over and over, while expecting different results each time. Most alcoholics can relate to this idea. Often we try and regain control of our drinking, like only drinking beer, or only drinking at nighttime, but at the end of the day it always leads us to the same dark place.

By admitting our insanity, we are admitting that, maybe, our best thinking isn’t the most rational. This is the time when those who have the desire to stop drinking must find a Higher Power. It is a common misconception that this means you must believe in a Christian God, or another religious figure, while this is absolutely not the case. The goal of the second step for the alcoholic is to come to realize that there is something out there greater than them.

Look at it this way—if you did not exist, would the world keep on turning? If there were no humans, would the planet still be here? If you can answer these questions with a “yes,” then you have discovered the principles behind the second step, which are all about hope and being open-minded.

If you’ve ever attended an A.A. meeting, you have probably heard the phrase “your best thinking got you here.” It’s time to come to terms with the fact that there is something bigger out there. This step isn’t about believing in God, but about accepting the help that you need, surrendering, and agreeing that there is hope out there. While working this step, you don’t even need to know what idea or entity you believe in; you just must believe that the thoughts inside of your own head aren’t the “end all, be all.” It is about finding something to keep you going, and helping you find the faith that you need to realize that everything will be okay and that you are here for a reason. Remember, this is a simple spiritual program, not a religious one, although there is nothing wrong with having faith in a tradition interpretation of God.

Yellowstone Recovery December 2016

Trusting



I have come to believe that by being in the fellowship of AA, with the aid of the 12 steps, that I can walk through the painful times in recovery knowing that an end is near, this too shall pass and there is always light at the end of darkness, as I stay clean and continue to work the steps. But it's important to remember that step two, like all of them, is a process, not an event.

As a southern California native I've come to believe in all kinds of things that are energetically spiritual, where there are parallels in each to sobriety and they complement each other beautifully. Surfing and sobriety as a combination is mind blowing. It just doesn't get much better than standing on top of a wave in the vast and powerful blue water, looking out over the horizon and enjoying the ride...sober.

Life and sobriety are kind of like surfing; sometimes there are is a lull and gentle waves, other times the crashing ferocity of huge swells! Both require patience, humility, and presence, forgiveness and a faith or trust in something uncontrollable, and much bigger than me.

Jason W.

TRADITION 2

“For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

Group inventory questions:

Do we practice rotating leadership, stepping out of office regardless if we believe others are not available, not willing and not qualified or do we remain frozen in office?

THE AA GROUP PAMPHLET, P. 34

“Traditionally, Rotation keeps AA members from becoming frozen in office. It also ensures that group tasks, like nearly everything else in AA, are passed around for all to share...to step out of an AA office you love can be hard. If you have been doing a good job, if you honestly don't see anyone else around willing, qualified, or with the time to do it, and if your friends agree, it is especially tough. But it can be a real step forward in growth—a step into the humility that is, for some people, the spiritual essence of anonymity...rotation helps to bring us spiritual rewards far more enduring than any fame. With no AA “status” at stake, we needn't compete for titles or praise—we have complete freedom to serve as we are needed”.

Do we serve through rotating leadership and never command or exert authority, acting only to understand, explore and carry out the conscience of the group?

BILL WILSON, AA GRAPEVINE, 1947

“Nowhere in AA is there to be seen any constituted human authority that can compel an AA group to do anything...each leader soon discovers that while he can always guide by example or persuasion he can never boss...the majority of AA groups do not even choose leaders. They prefer rotating committees to handle their simple affairs. These committees are invariably regarded as servants. They have only the authorization to serve, never to command. Each committee carries out what it believes to be the wishes of its group. That is all...heavy handed assertion of my personal authority always created confusion and resistance”.

Save the Dates

Effective 1-1-2019

**Group 976 is moving!!!
Beginning in January**

Women's Closed Big Book
meeting is moving, but not far.



New Location:
ARCH
508 Jefferson St
Saint Charles, MO 63301

Yes, there are
Young People in AA

Every year there is a Missouri State
Conference for Young People in AA. This
conference is MOSCYPAA

CHUCKYPAA wants to bring
MOSCYPAA to St. Charles

We meet EVERY 3rd Thursday of the month
7pm at ARCH
508 Jefferson St
Saint Charles, MO 63301

for more info, contact Ashlie 636-219-7337 or
Rozzy 970-459-0810



January Birthdays

Group 124

Dennis C. 28 Years

Group 164

Nan H. 28 Years
Marilyn P. 7 Years
Amy B. 21 Years

Group 762

Mark D. 28 Years

Group 340

Mike W. 28 Years

A Note of Thanks...

I wanted to thank everyone who helped make our past New Year's Eve
Alcathon a success.

It's something special when fun in sobriety can also save lives. The Alcathon
gave people a safe place to go on New Year's Eve and be with other sober
folks having or learning how to have fun and laugh without alcohol.

I am grateful for the Tri County Steering Committee and other Committee
Chairs who made this wonderful event happen in the first place. Also, for all
the people that worked behind the scene giving so many hours of their time
to make sure this event was as great as it could be for our three districts.

I loved seeing so many families and kids there.

Thank you all, that night we were all family!

John A.

*Gratitude
changes
everything.*