

Sobriety Sentinel

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

Welcome!
There is a solution



January 2019
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STEP ONE

"We admitted we were powerless over alcohol – that our lives had become unmanageable."



Intergroup

Open Service Positions:

- Tri-County Intergroup Chair
- Tri-County Intergroup Alternate Chair
- Tri-County Intergroup Secretary

Please submit any open service positions to the Sobriety Sentinel

What Is the Purpose of This Step?

Step 1 is about letting go. You admit you have a problem and begin to seek out help. It isn't easy, but admitting powerlessness allows you to break the cycle of addiction that you've been stuck in.

Alcoholics Anonymous believes that admitting you can't control your alcohol use is a necessary first step on the path to recovery.

Suggestions on Step One:

- Accept that something is wrong in your life and that you no longer have control. You must admit complete defeat before building a new life.
- Embrace the truth and want to make an honest change.
- Understand that recovery can't be done alone, and acknowledge that you need help

Some Myths Surrounding Step One:

- Powerlessness means you're weak: Admitting powerlessness is a crucial step on the path to freedom and strength. It takes honesty and courage to accept that alcohol and/or drugs have taken over your life.
- You have to hit rock bottom before you're ready to get help: It doesn't take a major life event to open your eyes to your addiction or a developing addiction. Sometimes all it takes is a realization that alcohol is causing you more pain than the pain you aim to escape from.

You are never too old
to set another goal or
to dream a new
dream.

– C.S. Lewis

A.A. Oldtimers...On Step One

A.A. Grapevine, November 1944, Vol. 1 No. 6

Editorial: On the First Step

"We admitted we were powerless over alcoholism – that our lives had become unmanageable."

The first of the 12 steps in the creed or philosophy of Alcoholics Anonymous is, "We admitted that we were powerless over alcohol—that our lives had become unmanageable." By such an admission any alcoholic, provided he is sincere, has achieved his first success on the road to well-being.

Such an admission is usually very difficult for the alcoholic to make. The very nature of his disease makes him shun the knowledge of his inability to cope with the problems of everyday life. Hence his desire for something that will rapidly create whatever he thinks he lacks as an individual. With a few drinks under his belt he can fashion the most wonderful dreams about himself. These dreams can become his real characteristics—but only when he recognizes that he must dominate alcohol rather than have alcohol dominate him.

The sincerity with which the newcomer takes the first step is the gauge by which his recovery through A.A. can be measured.

Over the years the alcoholic develops a three-dimensional ability at picture building, which is a kind way of saying that alcoholics are adept liars. So that by really taking the first step—admitting freely and without reservation that he is an alcoholic—a person starts to build a new pattern of thought. The whole, at last, is fabricated from truth rather than wishful thinking or fantasy.

"Ye shall know the truth—and the truth shall make you free" applies certainly to the first step in this program—for truth, to the alcoholic, is simply admitting to himself that he can't handle alcohol, and because of this his life is unmanageable. To those who accept this first step the other eleven follow in the natural course of events—as the scope of the teachings of A.A. become realized and some small rewards have been received.

John B.

I knew I was
an alcoholic
by the way
I felt sober.

Joe B., Alcoholics Anonymous
gratitude for grace

TRADITION 1

"Our common welfare should come first; personal recovery depends upon AA unity."

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?



"REPEAT AFTER ME: AT LEAST WE DON'T GET HURRICANES...
AT LEAST WE DON'T GET HURRICANES...AT LEAST..."

Save the Dates

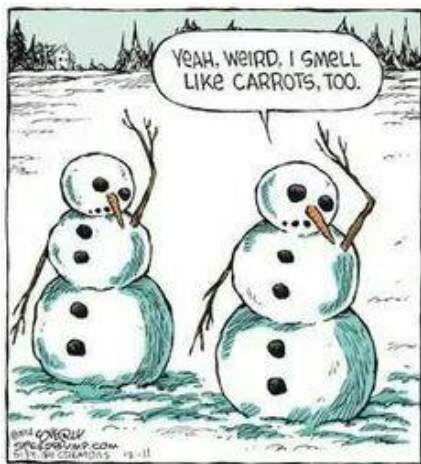
Effective 1-1-2019

**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



December Birthdays

Group 124

Jim K.	41 Years
Richard B.	9 Years

Group 1103

Angela R.	4 Years
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Group 979

Ike S.	13 Years
Terry D.	1 Year

Group 4094

Bob W.	12 Years
James D.	7 Years

November Birthdays

Group 5

Don M.	5 Years
Mike K.	6 Years

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

