

# Sobriety Sentinel

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

Welcome!

There is a solution



March 2019  
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## STEP 3

*“Made a decision to turn our will and our lives over to the care of God as we understood Him.”*

### A Question of Willpower

The third step on the road to sobriety is one of the most important. It can also be one of the most frightening and difficult steps for recovering alcoholics to confront. That's because it is the first step that asks us to take concrete action. Step 1 demanded honesty. It forced us to recognize our powerlessness over our addiction. In step 2, we acknowledged a power greater than ourselves, whether that be A.A. itself, a vision of our ideal self, a counselor, or God. Both of these initial steps involved recognition and acceptance. Step 3 brings willpower back into the equation.

If that sounds confusing (after all, didn't willpower cause the problem in the first place?), think of it this way: There is a difference between willpower and willfulness. We display



willfulness when we demand our independence from everyone, when we naively believe we are in control of everything, when we refuse even the sincerest offers of help. When A.A. speaks of *willpower*, on the other hand, it means the willingness to accept help from someone or something outside of ourselves, even if our whole mind and heart rebel against the idea.



### Harnessing the Power of Surrender

In the end, if alcohol has taught us anything, it is that we have encountered a problem greater than ourselves. Only by harnessing a power that is equally great can we hope to free our minds and bodies from the vice-like grip of alcoholism.

When we put our foot on the third rung of the ladder, we commit ourselves to a lifelong struggle, a struggle that will demand enduring resolve and continual action. Thankfully, Step 3 also reminds us that failure is never final. No matter how many times we fall down, we can rediscover hope as long as we are willing to seek help.

*Yellowstone Recovery December 2016*

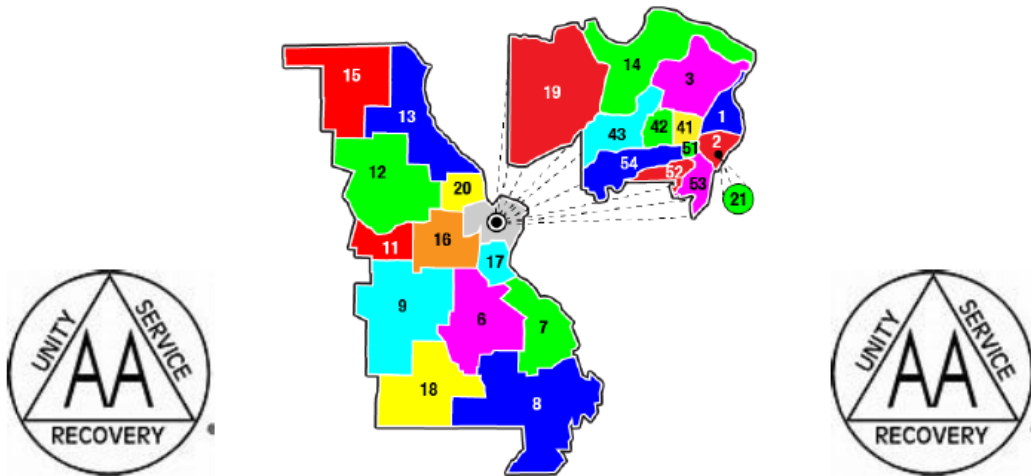
### Intergroup

#### Open Service Positions:

- Tri-County Intergroup Outreach Chair

Please submit any open service positions to the Sobriety Sentinel

# New Assembly Locations In 2019!!



## Spring Assembly 2019

March 23 & 24, 2019

### **Stoney Creek Inn**

2601 South Providence Road  
Columbia, Missouri 65203

This will be Area 38's two-day **Mock Conference Assembly**  
Saturday March 23, 2018 from 9am to 4pm  
& Sunday March 24, 2018 9am to Noon

**Saturday Evening there will be an AA Speaker and Ice Cream Social**

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### Stoney Creek Inn

Area has 50 Guest Rooms Block @103.00 per night.

Call 800-659-2220 to make reservation today.

Use Booking# 156965 under EAMO

\*\*A listing of restaurants close to the Assembly location will be available the day of the Assembly\*\*

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For More Information or Any Questions Contact Area Chair, George J. 314-210-1041

## TRADITION 3

*“The only requirement for A.A. membership is a desire to stop drinking.”*

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or a phony?
4. Do I let language, religion (or lack of it), race, education, age or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity, doctor, clergyman, ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help, does it really matter to me what he/she does for a living? Where he lives? What her domestic arrangements are? What other problems he has?

*\*\* 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.*



# 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

# January Birthdays

## Group 1103

|           |         |
|-----------|---------|
| Joanna M. | 3 Years |
| Karen O.  | 1 Year  |

# February Birthdays

## Group 124

|          |          |
|----------|----------|
| Art S.   | 37 Years |
| Bart O.  | 5 Years  |
| Greg J.  | 1 Year   |
| Scott S. | 1 Year   |

## Group 164

|        |          |
|--------|----------|
| Amy B. | 21 Years |
|--------|----------|

## Group 1103

|          |         |
|----------|---------|
| Jodie B. | 4 Years |
| Jamie K. | 3 Years |

## Group 4094

|          |          |
|----------|----------|
| Randy P. | 13 Years |
|----------|----------|

