

# Sobriety Sentinel

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

Welcome!  
There is a solution



May 2019  
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## STEP 5

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”*



### Intergroup

#### Open Service Positions:

- Tri-County Intergroup Outreach Chair

Please submit any open service positions to the Sobriety Sentinel

### Purpose

AA's twelve step program is built on a foundation of spiritual principals, including surrender, willingness, courage, trust and honesty. Step five strengthens this foundation and reaffirms your commitment to recovery.

### Overcoming Fear

Fear is a natural reaction to confession. Although you may want recovery desperately, confronting the nature of your wrongs and admitting long-held secrets to God and to another human being may be terrifying. If you allow these feelings to stop your progress at step five, you stop moving forward in your recovery and the disease of alcohol addiction will take over once more. [Alcoholics Anonymous Step Four has prepared you for](#) step five, and by finding the courage to overcome that fear of rejection or the shame of your confession, you experience honesty on a

deeper level [than in your first step of admission](#), and you break the pattern of denial that often plagues those suffering with alcoholism.

### Confessing to Yourself

Step 5 requires not only that we admit to ourselves the exact nature of our wrongs, but that we embark on an honest self-evaluation of our faults. This part of the fifth step helps to remove your egoism and helps to minimize your fear.

### Why God?

In the third step of AA's recovery process, you ask a power greater than yourself for honesty, courage and willingness to work on each step of your recovery. The admission of your exact wrongs in the fifth step is part of the spiritual awakening [that is the basis of AA's Twelve Steps](#). Your willingness to approach God or your Higher Power honestly is critical to your recovery. Because many alcoholics may feel unworthy of a relationship with God, this revelation to Him enables them to draw closer to God and to experience the love and acceptance that He offers.

### Sharing with Another Human Being

The person you select to share your fifth step confession with should be someone who understands the process of recovery and someone who wants to help you get through it. For this reason many choose to complete step five with a sponsor, or someone from within your AA group who will understand the process of recover and who will be compassionate and respectful of your desire not to share your confidences with anyone else. A sponsor will also help you maintain perspective as to the exact nature of the wrongs you are confessing and will not allow you to slip into denial by blaming others for what you've shared.

*American Addiction Centers Resource – December 2011*



**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**

## TRADITION 5

*"Each group has but one primary purpose –*

*to carry the message to the alcoholic who still suffers."*

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from 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.*



## Save the Dates

### **Check It Out!**

New Date / Time

## **CHUCKYPAA Breakfast Potluck**

Waffles and Coffee  
Provided

When: 1<sup>st</sup> Sunday of the month  
@ 10:30 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 164

Chrissy M. 1 Year

## April Birthdays

### Group 124

Harold G. 16 Years  
Dan S. 2 Years

### Group 164

Pete T. 31 Years

Michelle B. 7 Years

### Group 762

Pete T. 31 Years

### Group 1103

Michelle B. 7 Years

