

Sobriety Sentinel

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

Welcome!
There is a solution



November 2018
SobrietySentinel@gmail.com

STEP ELEVEN

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out."

"The process of enlightenment is usually slow. But in the end, our seeking always brings a finding. These great mysteries are, after all, enshrined in complete simplicity."
– Bill W

Exploring spirituality in the 11th Step of AA
Alcoholics anonymous can be a wonderful and illuminating experience. We now have a solid frame of reference built by the previous Ten Steps of AA. Our recovery has helped us to stay sober one day at a time, and has allowed us to expand our capacity for new information about ourselves, and the world around us. This open mindedness is one of the greatest things about AA.



In AA the concept of a "higher power" and "God as we understand him" really affords every single person, from every walk of life, an unlimited choice of spiritual beliefs and actions.

In recovery we find that spirituality really is constantly developing and changing just like us. New situations and new people all have an effect on us and our spirituality needs to grow along those lines. The Step 11 task at hand is therefore finding ways to improve conscious contact and connection with the "God" of our own understanding. We already have a conscious awareness of a "higher power" working in our lives, which we began to develop in Step Two. Working on Step Three we learned to trust that higher power for guidance. In the process of working through all of the steps so far, we were improving our relationship with the higher power.

While working on the 11th step we come to realize that reaching out to a God of our understanding is also simply known as *prayer* and *meditation*, which can be one of the most effective means for building a relationship with our higher power.

Jason Wahler – October 2018

Intergroup

Open Service Positions:

- Alternate Secretary
- Alternate Treasurer
- Sobriety Sentinel Co-Chair
- Office Manager

Please submit any open service positions to the Sobriety Sentinel

TRADITION 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

1. Do I sometimes promote AA so fanatically that I make it seem *unattractive*?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

5th Annual St. Charles AA Gratitude Meeting

November 21, 2018

Wednesday before Thanksgiving

7pm-9pm

St. Charles Presbyterian Church

131 Gamble, St. Charles 63301

5 AA & 5 Al-Anon Speakers 7-8pm

Pie, Coffee & Fellowship 8-9pm

Sponsored by
The Saturday Morning Steppers,
Group #164



A.A. Oldtimers...On the Eleventh Step

A.A. Grapevine, September 1945, Vol. 2 No. 4

EDITORIAL: ON THE 11TH STEP

Unless we improve our contact with God we will gradually lose it. There will be a slow return to indifference and we will suffer that let-down that so many experience after a few months in A.A. Gradually old desires return with increasingly great urgency. The alteration in conduct that we have made for a few months has not been sufficiently sustained to lead to a change in character, and the deeper habit patterns reassert themselves. Growth in spiritual understanding alone will dispose us to make the effort to recondition ourselves, to change our emotional attitudes and bring about a true character change.

For specific suggestions for practicing the 11th Step we turn to the book Alcoholics Anonymous, as we do on all A.A. questions, before going ahead on our own. Applying the wisdom we find there, we turn with newly awakened interest and intensity to the practices of our particular religious denomination, if we have one; we sometimes select and memorize a few set prayers; we may study the recorded thoughts of others; but in any event we make it a practice in the morning to ask God to guide us during the day, and thank Him at the day's close for His many blessings. We are careful never to pray for our own selfish ends, but ask especially for freedom from self-will and knowledge of God's will for us.

All of which, of course, is calculated to keep us from taking that first drink. It works –it really does.

R. D.
Garden City, New York

Reignited in Service

I have found for myself It is very easy to fall into complacency in sobriety. Going to the same meetings week after week with the same people and hear the same stories. When I first came into the rooms that was important because it drove home the insanity of my disease. As time has gone on and in my normal alcoholic fashion I want more. More program, more solutions, more stories and more people to relate to around the rooms. I think that maybe why i find myself hanging on to every word the newcomer says. Not only does it let me see how I have recovered but it also fills up my "I want more cup".

This year I was reminded how important it is to stay in the middle of the boat. What I didn't realize is that meant I need to get back into service work. To start saying yes again, to stand up for positions I may be qualified for rather than the positions that seem safe. I am grateful to be surround by the people that see what I can be instead of all the limits I like to hide behind. A recent conversation with someone reminds me how important our "jobs" in the program are for our sobriety and how they continue to keep us connected with more alcoholics. Being a part of district meeting is not about politics it's about making connections with others and growing my AA family. It's about having a voice when for so long we were dismissed because all anyone saw was the family drunk. It's about being the small spec in a vast universe.

Each "job" we are privilege to hold is just that a privilege. How can we begin to give back this gift of life that was so freely given? Why not show up early and make coffee, greet people that walk through the door, set up chairs, participate in your group conscious, volunteer for events, show up at district, intergroup, and area meetings. I know I feel my spark reigniting for the program and it helps me fall in love again with alcoholics anonymous.

Submitted by Patty

Save the Dates


October Birthdays

**NEW
WOMENS
AA MEETING**

REFLECTION FOR
DIRECTION

Saint Charles Presbyterian
church
131 Gamble
(Corner of Gamble and Sibley)
63301

Day - Thursdays
Time - 6-7pm
Closed meeting
Rotating Format



Group 124

Mike H. 29 Years

Group 164

Teresa P. 15 Years
Diane A. 4 Years
Sarah S. 3 Years

Group 976

Jessica R. 7 Years
Jennifer R. 10 Years

Group 340

Mike G. 5 Years

Districts:

14,19,20

38th Annual

Alcathon New Years Eve Celebration

December 31st, 2018

7:00p.m. to Midnight

Sts. Joachim & Ann

4116 McClay Rd

St Charles 63304

FREE

ADMISSION!

Fried Chicken, all the fixings,
dessert and
beverages provided!

Basket Raffle



Alanon & A.A. Speaker
speakers start at 8:00 p.m.

Family Friendly Event

Party Hats & Beads

Sobriety Countdown



Music and Sober Celebration
after the Speakers.

Baskets NEEDED for raffle.

For more information

call John A. 314-583-7074 OR Patty R. 636-699-2136



WE ARE NOT A GLUM LOT

**YOUNG AND
RESTLESS**

Meeting for those,
Young in years!
Young at heart!
Young in sobriety!

TUESDAYS @ 7
GATEWAY CHURCH
250 SALT LICK RD
SAINT PETERS
TOPIC MEETING
OPEN

Michael P. 314-518-0404
Nicole M. 274-308-1000