

Sobriety Sentinel

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

Welcome!

There is a solution



June 2019

SobrietySentinel@gmail.com

Intergroup

Open Service Positions:

Literature Committee Chair

Please submit any open service positions to the Sobriety Sentinel

Step 6

"Were entirely ready to have God remove all these defects of character."



Easy to Repeat Old Behaviors

There is a saying around the 12-step rooms that you can get a horse thief sober, but you still have a horse thief. Or another one, "you can take the rum out of the fruitcake, but you still have a fruitcake." What that means is, if all you do is stop drinking and you don't change some of your other behaviors, then it will be easier to slip back into your old habits, including going to the bar to drown your sorrows.

That is why Steps 4 through 7 are in the middle of the 12 steps. If you don't admit you have shortcomings and take steps to address those issues, then a spiritual awakening may never come. It's all

about being honest with yourself and those around you.

Identifying your shortcomings and admitting them is not the end of the process. Becoming "entirely ready" to do something about them is a key to the solution.

Others in recovery have shared what their experience is with Step 6. Here are some of their stories:

Step 6: Getting Humble

Working step 6 is simply working the first five steps, and then getting humble. This is not easy for many alcoholics. Working the first five steps seems grueling at first, but they manage to do it. Then the "humble" part steps in.

How do you get humble? If the messages of the first five steps sink in, you find humility. If the message somehow escaped you, go back and work them again, find out what you did wrong, and then try this step again.

One AA member, Sox, relates how he often had hurt friends, family, and employers, but rationalized his behavior and blamed the one who was injured. In working the steps and accepting responsibility for the consequences of his actions and omissions he felt shame and remorse. He turned to his higher power in prayer in deep humility to remove his defects. Then he could take the road to redemption by [making amends](#).

Buddy T. – VeryWell Mind, September, 2018



TRI-COUNTY AA PICNIC



(District 14, 19 & 20)

SATURDAY, AUGUST 17, 2019



**Old Town
St. Peters Park**



11:30 AM to 5:00 PM

FREE Hamburgers, Hotdogs, Brats, Salads, Deserts and
Drinks PROVIDED and Served at 12 PM

Please Bring a Side Dish

***Groups Get Your Donated Baskets
Together for a Fun Raffle!***

Kids Activities: Playground, Face Painting, Water Balloons

Big Kid Activities: Horseshoes, Softball & Washers

AA & Al-Anon Speakers @ 3:30 PM

50/50 Drawing & Basket Raffle @ 4:30 PM

For Information or to donate a basket call John A. (314) 583-7074

Bring your lawn chairs and baseball equipment!



An Editorial on the 6th Step:

From A.A. Grapevine, April 1945, Vol. 1 No. 11

“Were entirely ready to have God remove all these defects of character.”

This step is most important because here we are ready for God (as we understand Him) to walk along with us and guide us as we seek to improve our character and eliminate the defects which contributed to our alcoholic problem.

With God’s help we’ll now apologize quickly when we are curt to others. We’ll overcome our resentments. We’ll become humble and remember it’s our own character we want to improve, not the character of others. We’ll remember that as we aren’t perfect we haven’t any particular right to be critical toward others.

We’ll ask quickly for help each time we are aware of wrong thinking and whenever we begin to feel sorry for ourselves. When we wish to judge others, we’ll remember that not so long ago we were in no position to judge anyone.

Resentments, our biggest stumbling block, can be dropped right here. Resentments against those who loved us and tried to help us; resentments against the boss, against our fellow-worker, and all the million other little and big resentments must be turned over to a higher power.

At a later date, as our character becomes sound, we’ll find that these resentments disappear.

We must ask God to help us understand others.

It takes a continued program of doing and thinking our best each day to lead us ahead, out into the open, where we can join the company of our fellow men.

The same help we seek in dealing with our alcoholic problem must be used to overcome our other defects. Knowing our problem is in God’s hands will give us serenity and peace of mind.

In other words, we will turn our will over to God, asking that His will be done, and we’ll work on our defects one by one as they make themselves known to us.

Mark H.

Buffalo, New York 1945

Seeking to Serve?

Tri-County Intergroup
in need of a
Literature Committee
Chairperson

If interested, call

Julie S.

314-409-5492



Group 5

Since 1943

**Oldest meeting in
St. Charles County!**

Come share your
experience, strength and
hope around a table.

Friedens

United Church of Christ

Thursday @ 7:00 pm
1703 S. Old Highway 94
St. Charles

April Birthdays

Group 164

Bill B. 32 Years

May Birthdays

Group 5

Harold M. 29 Years

Group 124

Jim H. 13 Years

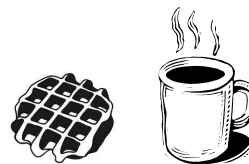
Group 164

J.R. H. 7 Years
Alan B. 15 Years
Kathy B. 27 Years

Check It Out!

CHUCKYPAA

Waffles & Coffee Breakfast Potluck



Where: 212 Club

When: 1st Sunday of the month @ 10:30 am
204 West Pitman Street
Suite G

O'Fallon, MO 63366

Suggested Donation \$6