

Sobriety Sentinel

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

Welcome!
There is a solution



October 2019
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STEP TEN

"Continued to take personal inventory and when we were wrong promptly admitted it."

Building the spiritual basis for recovery each day

The Twelve Step program of recovery from alcoholism rests on a notion of spirituality that is not about having the "right" beliefs. Instead, it is about adopting daily practices that help people stay clean and sober.

These daily practices are the subject of Step 10 of the Twelve Steps of Alcoholics Anonymous: "Continued to take personal inventory and when we were wrong promptly admitted it."

Here the word "inventory" means taking stock of our emotional disturbances, especially those that can return us to drinking or other drug use. Step 10 suggests that we watch for these disturbances every day and make an immediate response. Taking a daily inventory is important to all people, but especially to those in recovery.

"After several years of recovery and doing vigorous work in completing Steps One to Nine, I felt I had arrived, that my work was done," says one long-time practitioner of the Twelve Steps.



"I stopped talking regularly to a sponsor. I stopped going to as many meetings. I started going it alone in the fellowship. I was shocked when, after three years of recovery, I used one day. That led to two decades of repeated relapses."

This woman's desperation led her to reread "Alcoholics Anonymous" (often called the "Big Book" of AA). While studying the suggestions for Step Ten, she recalls, "I realized something that I had been missing: daily work."

The Big Book's suggestion for daily work on this Step is to "watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help"

Some people are put off by the word "God" in the above passage. Remember that AA and other Twelve Step groups do not require members to accept any particular definition of this word. In fact, the term "Higher Power" is often used instead, referring to any source of help that comes from outside ourselves. Your Higher Power might be a friend, a family member, a therapist, or the members of your Twelve Step group.

What's most important is being willing to release selfishness, dishonesty, resentment, and fear in the very moment that they occur. And this calls for a radical change in how we deal with negative emotions.

A typical response is to blame our feelings on other people. Alcoholics and other addicts are especially skilled at nursing resentments and finding fault. Their logic is essentially this: "I am always right, and my problems will end when everyone else changes their behavior."

- Hazelden Betty Ford Foundation, January 2016

Intergroup

Open Service Positions:

- 12 Step Call List Volunteers
 - Website Committee
 - Alcathon Volunteers
 - Activities Committee
 - Intergroup Phone Volunteers
- M-F 5:30p to 7:30p

District 14 Meeting Dates Have Changed

October Meeting:

October 24th 6:30 pm @ 907 Jungermann Road, Room 105 / St. Peters 63376

November Meeting:

November 21st 6:30 pm @ 907 Jungermann Road, Room 105 / St. Peters 63376

Submitted by Jessica R. / DCM District 14



JOIN CHUCKYPAA FOR
NIGHTS FULL OF FRIGHT

**ALL HALLOWS'
EVE CAMP
OUT**

2019

**OCTOBER
25th - 27th**

**\$40 FOR FOOD
AND A BUNK BED
CHECK-IN AT 5 PM
FRIDAY**

**PRIZES • FOOD
MUSIC • PANELS
GAMES • MEETINGS**

**CUivre RIVER STATE PARK
678 STATE ROUTE 147
TROY, MO 63379
SITE: CAMP CUIVRE**

MORE INFORMATION ON BACK

THE FALL CLASSIC COMMITTEE PRESENTS

fall **BONFIRE** *night*

Come join us for fun
games, s'mores
(provided), music,
and fellowship!

Saturday
26
OCT

\$5

**SUGGESTED
DONATION**



6 PM

7:30 PM

POT LUCK ● AA & AL-ANON SPEAKERS

Meat will be provided, please bring your favorite side dish. Parking at RV check in with shuttles to the bonfire.

6 PM - 10 PM | 1000 LAKESIDE PARK DRIVE, ST. PETER'S, MO, 63376

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Save the Dates

New Meeting!

Closed Meeting Big Book / 12 & 12 Study

Mondays 7:00 pm – 8:00 pm

Grace Presbyterian Church
6308 Highway N
Cottleville

Group 976 Has Moved!

The meeting location for Group 976
Facts or Feelings has changed.

Our new location is 131 Gamble St.,
St. Charles, 63301

Questions?

Contact Missy P.
314.766.2303

September Birthdays

Group 77

Janet O. 4 Years

Group 979

Steve B. 30 Years
Mike K. 24 Years
Tim R. 9 Years
Lee L. 6 Years
Scott P. 4 Years
Bridget F. 1 Year

Group 1103

Jen McQ 11 Years
Mandy G. 4 Years
Nicki T. 1 Year

Group 124

Greg K. 34 Years
Dennis S. 30 Years
Alice D. 9 Years

Group 4094

Ted K. 9 Years
Nick C. 7 Years

July and August Birthdays

Group 77

Dana V. 14 Years (August)
Michele C. 3 Years (August)

Group 1103

Ashley B. 4 Years (July)
Tammy S. 3 Years (July)

COSTUME CONTEST & PARTY
ALL HALLOWEEN 2019
EVERYONE CAN BE SCARED

Grab a pillow, twin sheet, blanket or sleeping bag and join us for the night or whole weekend! 5 cabins that sleep 24 people per cabin. Electric, showers, restrooms, no A/C or heater.

Kayak, canoe, paddle board rentals, and offsite tent camping handled by State Park. You may bring your own floating device.

REGISTER NOW AT -
CHUCKYPAACAMPOUT.EVENTBRITE.COM
QUESTIONS? EMAIL WEARECHUCKYPAA@GMAIL.COM

ONLINE registration ends October 24th. Call Stevi W. @ 314.226.7140 to register after or find us at the registration table when you arrive.