

Sobriety Sentinel

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

Welcome!
There is a solution



STEP ONE

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”



January 2020

SobrietySentinel@tricountyaa.org

Literature@tricountyaa.org

What Is The Purpose of Step 1?

Alcoholics Anonymous Step 1 is the [beginning of a 12-step program to get and stay sober](#). Although this step is the first step towards sobriety, most AA members don't do this step just one time. Instead, members may study and work on this step many times. Some people have to return to this step after a slip in sobriety, while others review it periodically to help remind themselves that they will always be powerless over alcohol and need to use tools and strategies to keep themselves sober.

This first step states, “We admitted we were powerless over alcohol and that our lives had become unmanageable.” Alcoholics who are following the AA program can take this step in several ways. Here are some ways to follow this step:

- Speak at an AA meeting. Some AA meetings give all participants a

chance to speak. Before speaking, the participant is required to state his first name and say that he is an alcoholic. Pushing yourself to speak for the first time at an AA meeting may be scary, but every time you do so, you take Step 1 and admit to the group that you have a drinking problem.

- Tell someone if you feel like drinking. Sometimes alcoholics keep their desire to drink secret because they're ashamed or think that deciding to quit drinking means they aren't supposed to be tempted. This can lead to slips and relapses. By admitting to at least one other human being that you're having a hard time with your sobriety today, you automatically admit that you have a problem that you can't control by yourself.
- Work with a counselor and/or get an AA sponsor. [By seeking help for your alcohol problem](#), you admit that you're powerless to stop drinking on your own. Your counselor can help you learn strategies to stop drinking and can be one of the people you tell when you're struggling with drinking. Some people also rely on an AA sponsor – a person who has overcome alcoholism for a significant period of time and understands the compulsion to drink so that you can trust him to listen and help you when you feel like drinking.
- Tell someone if you do drink. Alcoholics who are trying to get sober sometimes feel deeply ashamed if they slip up and have a drink. But keeping your mistakes to yourself only makes it appear like you are in control when you're not. So if you tell your sponsor or other safe person that you drank as soon as you can after sobering up, it can be a way of admitting you are powerless over alcohol.

Alcohol.org – December 2019

2020 Winter Area Assembly



New Assembly Locations In 2020!!

Winter Assembly

January 18, 2020

Foundry Art Centre

520 North Main Center
St. Charles, MO 63301

This will be a one-day assembly
Saturday Jan 18, 2020 from 8am to 5pm.

Motels Near Foundry Art Center

Country Inn & Suites, 1190 S Main St. St Charles, MO 63301, 636-724-5555
Best Western 1425 S 5th St. Charles, St. Charles, MO 63301, 636-946-6936
Drury Plaza Hotel 380 Mulholland Dr., St. Charles, MO 63303, 636-724-5772
Comfort Suite 1400 S. 5th St., St. Charles MO 63301, 636-949-0694

TRADITION 1

"Our common welfare should come first; personal recovery depends upon AA unity."

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?



"REPEAT AFTER ME: AT LEAST WE DON'T GET HURRICANES...
AT LEAST WE DON'T GET HURRICANES...AT LEAST..."

Happenings in Our Area

Interested in joining in
Corrections
service work?

Take the next step
and learn more:

Venue:

Chapel of the Cross
907 Jungerman Road
St. Peters

When:

January 22, 2020
6:30 PM



December Birthdays

Group 5

Mike K. 7 Years

Group 1103

Jamie W. 1 Year

Group 4094

Bob W. 13 Years
James D. 8 Years

Your 39th Annual Free Five "5" Corners Convention

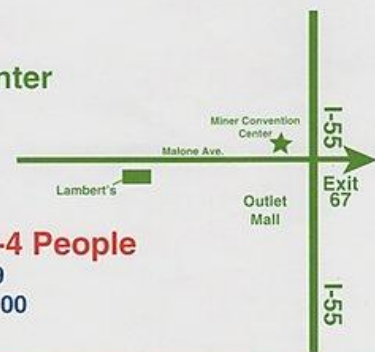


HOST STATE - KENTUCKY

February 21st & 22nd, 2020

LOCATION

**Miner Convention Center
Miner, Missouri**



NEARBY HOTELS-Rates 1-4 People

Drury Inn (573) 472-2299
Pear Tree Inn (573) 471-4100

FREE Registration

FREE Bingo

ENTIRE CONVENTION NON-SMOKING

Registration Begins 3:00 p.m. Friday
First Speaker 7:00 p.m. Friday

Contact: Chairman - 870-740-8113 | hartsfieldc@gmail.com
fivecornersconvention.com