

# Sobriety Sentinel

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

Welcome!  
There is a solution



## STEP TWELVE

*"Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs"*

Learning to do all this is not easy. To get started, divide the Step into three parts.

First comes the concept of "spiritual awakening."

This has many meanings. For Bill W., the co-founder of AA, it was a sudden, dramatic and life-changing event. In his autobiography, Bill recalled that he was bathed in light and seized by an ecstasy beyond words:

*"I stood upon a summit where a great wind blew. A wind not of air, but of spirit. In great, clean strength it blew right through me. Then came the blazing thought, 'You are a free man.'"*

After that moment, Bill never took another drink. Yet in the book "Alcoholics Anonymous," he explains that this kind of experience is not required for recovery. Instead, most spiritual awakening happens over time in a subtle and gradual way.

The second part of Step Twelve is about carrying the message of recovery to other people.

This needs to be done carefully. Some key points to remember are these:

- Talk to people when they are ready
- The Twelve Steps are a program of



attraction, not promotion. We draw people into the Steps by our own example. When the right time comes, they'll ask: "How can I get what you've got?"

- Keep it simple  
Our message for the person who's dependent on drugs is simply this: "I once was like you. Then I had a spiritual awakening as the result of the first eleven Steps. I have not gotten drunk or stoned since then."
- Let go of labels  
When talking to people, we don't refer to them as alcoholics or addicts. We merely tell our story and let other people decide if it rings true for them.
- Avoid "two-stepping"  
This takes place when people fly directly from Step One to Step Twelve. Flush with euphoria, these people are ready to carry the message before they've done Steps Two through Eleven.

This leads naturally to the third part of Step Twelve—practicing the principles "in all our affairs."

- For example, the first three Steps are about honesty. They remind us to tell the truth when our efforts to solve any problem have failed. In turn, being honest allows us to ask for help.
- In Step Four, we go deeper, practicing the principle of self-observation. This means taking a "moral inventory" that shines a light on our strengths and shortcomings.
- In Step Five, we take what we've learned about ourselves and share it with others.
- Steps Six through Ten remind us to practice the principles of willingness and humility as we admit our mistakes and make amends.
- Step Eleven focuses on the principle of change. Nothing is static. We either grow in recovery or "coast" and become complacent. Prayer and meditation offer a source of guidance for acting wisely in any situation.

Districts:

14, 19, 20

# Alcathon New Years Eve Celebration

December 31st

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 or to Donate a Group Basket  
Call John A. (314) 583-7074



"Don't you just love the holidays?"

# Group 132 47th Annual PotLuck



Tues February 25<sup>th</sup>, 2020  
Doors Open @ 6pm  
Speakers Start @ 7:30pm

AA & Al-Anon Speaker  
Open Meeting

Food and Fellowship  
Bring a Side Dish or Dessert

**St. Joachim and Ann Care Service  
(Where the Alcothon Was)  
4116 McClay Rd.  
St. Charles MO 63304**



## Save the Dates

### New Meeting!

#### Big Book / 12 & 12 Study Closed Meeting

Mondays 7:00 pm – 8:00 pm

Grace Presbyterian Church  
6308 Highway N  
Cottleville

## November Birthdays

### Group 5

Dan M.

6 Years

### TRADITION 12

*“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”*

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to *my* standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose?  
What is *my* part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior—especially if they are paid to work for AA? Who made *me* so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my own conscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?
11. Is my brand of AA so attractive that other drunks want it?
12. What is the real importance of *me* among more than a million AAs?