

Sobriety Sentinel

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

Welcome!
There is a solution



November 2019
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."



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

Exploring our spiritual path in Step 11 means picking up, leaning into and/or discarding various spiritual practices. AA it's self does not have any official or specifically approved spiritual path. The AA program of recovery offers a set of spiritual principles, and uses a concept referred to as "God" or "higher power" or "power greater than ourselves" for members to use as a path out of active addiction. Whether you are solid as a rock in your concept of a higher power and your spiritual path, or if your current state of mind holds no answers for you yet, it doesn't matter. Why? Because, at this

point on our journey we can embark on a search for a better way to understand our higher power.

This process allows us room for adventure, humility and faith. We have the option to visit every place that has anything to do with spirituality that's available in our community. Some people I know love churches, cathedrals, synagogues and even graveyards as places where they feel divinely in tune. Others find that connection in nature, doing something they love, or through volunteering.

A central part of working Step 11 is not letting our own personal spiritual path take us away from the fellowship and practice of AA. Remember that we need the rooms of AA in order to deal with our addiction; our spiritual path, meditation and prayer will enhance the quality of our recovery but nothing can take the place of AA meetings, service and fellowship. With the 11th step we are adding to the many ingredients that make up the perfect sobriety pie. Nothing can take the place of the serenity we feel the moment we step into a meeting, or shake the hand of a newcomer.

- Jason Wahler, February 2019

6th Annual St. Charles AA Gratitude Meeting

November 27, 2019

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



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

Tri – County Intergroup – Contributions / Expenses

OCTOBER 2019 CONTRIBUTIONS TO TRI-COUNTY INTERGROUP		
Grp #		
164		\$ 207.67
305		\$ 240.00
383		\$ 100.00
689		\$ 20.00
1103		\$ 49.27
		\$ 616.94
OCTOBER 2019 EXPENSES FOR TRI-COUNTY INTERGROUP		
Alcathon - Facility Agreement		\$ 750.00
Campus Office Storage & Rent		\$ 140.00
WebFones -18th		\$ 51.62
Cloudways LTD - website		\$ 11.85
Minute Man Press (sobriety sentintel/W&W)		\$ 310.71
		\$ 1,264.18

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

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

***"It is one of the most
beautiful compensations of
this life, that no man can
sincerely try to help another
without helping himself."***

– Ralph Waldo Emerson

October Birthdays

Group 4094

Capt. Bob N. 17 Years
Mike K. 9 Years
Gordon C. 6 Years

Group 340

Mike G. 6 Years

Group 1103

Erin L. 8 Years (August)

Need some winter reading material?

Check out these titles

"A new pair of glasses" – by Chuck "C"

*"The language of recovery... And living life one day at a time" – by
Blue Mountain Arts*

*"Daily Reflections: A Book of Reflections by A.A. Members for A.A.
Members"*

"As Bill Sees It (The A.A. Way of Life)" – selected writing of Bill W.

*"Came To Believe...The spiritual adventure of A.A as experienced
by individual members"*

*"Mindful recovery a spiritual path to healing from addiction" – by
Thomas & Beverly Bien*

*"Recovering spirituality: achieving emotional sobriety in your
spiritual practice" – by Ingrid Matthieu*