

Sobriety Sentinel

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

Welcome!
There is a solution



March 2020

STEP 3

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

A Question of Willpower

The third step on the road to sobriety is one of the most important. It can also be one of the most frightening and difficult steps for recovering alcoholics to confront. That's because it is the first step that asks us to take concrete action. Step 1 demanded honesty. It forced us to recognize our powerlessness over our addiction. In step 2, we acknowledged a power greater than ourselves, whether that be A.A. itself, a vision of our ideal self, a counselor, or God. Both of these initial steps involved recognition and acceptance. Step 3 brings willpower back into the equation.

If that sounds confusing (after all, didn't willpower cause the problem in the first place?), think of it this way: There is a difference between willpower and willfulness. We display



willfulness when we demand our independence from everyone, when we naively believe we are in control of everything, when we refuse even the sincerest offers of help. When A.A. speaks of *willpower*, on the other hand, it means the willingness to accept help from someone or something outside of ourselves, even if our whole mind and heart rebel against the idea.



Harnessing the Power of Surrender

In the end, if alcohol has taught us anything, it is that we have encountered a problem greater than ourselves. Only by harnessing a power that is equally great can we hope to free our minds and bodies from the vice-like grip of alcoholism.

When we put our foot on the third rung of the ladder, we commit ourselves to a lifelong struggle, a struggle that will demand enduring resolve and continual action. Thankfully, Step 3 also reminds us that failure is never final. No matter how many times we fall down, we can rediscover hope as long as we are willing to seek help.

Yellowstone Recovery December 2016

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Literature@tricountyaa.org

Would you like to submit an AA - related story or article? When submitting, please use the Sobriety Sentinel link above.

**SERVICE WORKERS JOIN TRICOUNTY INTERGROUP
TO ANSWER PHONE CALLS FROM ALCOHOLICS IN NEED**



FOR MORE INFORMATION 12STEP@TRICOUNTYAA.ORG

TRADITION 3

"The only requirement for A.A. membership is a desire to stop drinking."

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or a phony?
4. Do I let language, religion (or lack of it), race, education, age or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity, doctor, clergyman, ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help, does it really matter to me what he/she does for a living? Where he lives? What her domestic arrangements are? What other problems he has?



36th Annual Greater St. Louis Women's Luncheon

Hosted by District 14 & 19

Location

Orlando's

2050 Dorsett Village Plaza

Maryland Heights

Date / Time

2020-05-03 @ 11:30 AM

2020-05-03 @ 02:00 PM

Check out tricityaa.org to register!

Save the Dates

12th Annual Spring Fling Convention

April 24, 2020 @ 6:00 pm
April 26, 2020 @ 12:00 pm

St. Louis Hilton Airport
10330 Natural Bridge Road
St. Louis, MO

Registration Ends
April 10, 2020

Tricounty Intergroup Membership Meetings

The Tri-County general membership meetings for secretaries/IR of all member groups and the public at large will be every third Sunday of the month at 12pm.

It is suggested that
all GSRs attend.

The meeting is held at the
Intergroup Office located at:

2021 Campus Dr. St. Charles,
MO 63301.

February Birthdays

Group 5

Keith C. 5 Years

Group 4094

Randy P. 14 Years

AREA 38 Spring Assembly

March 28, 2020

Mineral Area College
5270 Flat River Road
Park Hills, MO

This will be a 1 day assembly from
8:00 am – 5:00 pm

