

# Sobriety Sentinel

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

Welcome!  
There is a solution



April 2020

## STEP 4

*“Made a searching and fearless moral inventory of ourselves.”*



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

## Confronting Our Reflection

People drink for many different reasons. A wide array of emotions—fear, guilt, anger, resentment, depression, excitement, impetuosity—egg us on. Only by understanding these emotions and recognizing our frailties can we hope to overcome them. By gazing squarely at our own reflection, we see ourselves as we are and not as we would like to imagine. As soon as we do that, we begin the painful process of reform.

Step 4... This is the moment we face reality head-on. That reality can be disturbing. It can be terrifying. It's uncomfortable to admit that we're not only imperfect, but deeply flawed. For some, it is humiliating. We can, of course, take comfort in the fact that we're not alone, that everyone, particularly other recovering alcoholics, also

have their fair share of shortcomings.

We can also remind ourselves of one important fact: A monster that lurks in the dark is far more frightening than one that walks around in the daytime. It is usually the threats we can't see that pose the greatest danger. In order to correctly assess the situation and respond appropriately, we must first turn on the light. We must confront our failings.

We must ask ourselves the critical questions: What stops us from becoming sober? What character defects or emotions erect a barrier between us and success? What has contributed to our downward spiral? Which relationships are harmful? Starting with the obvious, we gradually make our way to the more obscure.

## Taking Responsibility for Our Shortcomings

Unfortunately, pride often stands in the way of honest self-assessment. Self-importance and self-justification block the path forward. Ego hinders progress. Some refuse to believe they have serious character flaws. Many blame alcohol for creating their problems, rather than the other way around. Many of us accuse others of causing, or at least contributing, to our alcoholism. We look everywhere but in the mirror. We point the finger at everyone but ourselves.

Step 4... This is the moment when all excuses fall by the wayside, and we begin to take responsibility for our actions. Fortunately, no A.A. participant has to face the task alone. They have others to lean on, and sponsors to hold them accountable. By taking the first step of finding and entering a treatment center for alcohol rehab in Orange County, we surround ourselves with people who are able and willing to help us on the journey.

The truth can be unsettling, but it can also be liberating. When we begin to shed our old habits and attitudes, when we replace them with healthier ones—that is the moment we begin to untie the chains that bind us to alcohol.

*Yellowstone Recovery – January 2017*



# ANNOUNCEMENTS

## Volunteers are still needed!

Get involved with service. Help us reach those suffering inside and outside of our rooms. You will be surprised how you can change a life. Even with the Chair and Sub-Chairs being filled we have many volunteer positions available. A lot of the Chair positions need volunteers to assist them such as:

- Literature assistants
- 12 step phone call volunteers for male and females
- Volunteers needed for activities as they come up

We all about reaching out the hand of AA, fulfill the promise of a chance for someone else.

Contact your Intergroup Representative (IR) at your home group for more information  
and/or

Visit our monthly meeting every 3rd Sunday of the month / 12:00 P.M. at the Campus Office  
(Zoom Meeting as Required)

***All members are welcome.***

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The Tri-County Intergroup Representatives approved revised bylaws and appointed new committee members at our meeting on Sunday 01/19/2020. It was exciting to see so many IR's present to make these decisions.

**OUR NEW MAILING ADDRESS IS:**  
**PO BOX 832, O'Fallon, MO 63366**

### **NEWLY APPOINTED COMMITTEE MEMBERS ARE:**

SECRETARY: Perry J. – [secretary@tricountyaa.org](mailto:secretary@tricountyaa.org)  
TECHNOLOGY – Ron D. – [webadmin@tricountyaa.org](mailto:webadmin@tricountyaa.org)  
12-STEP – Bob M. – [12step@tricountyaa.org](mailto:12step@tricountyaa.org)

### **InterGroup Chairs and Sub Chairs Directory**

[chairperson@tricountyaa.org](mailto:chairperson@tricountyaa.org) - Amy M  
[altchairperson@tricountyaa.org](mailto:altchairperson@tricountyaa.org) - Julie S  
[treasurer@tricountyaa.org](mailto:treasurer@tricountyaa.org) - Laura G  
[secretary@tricountyaa.org](mailto:secretary@tricountyaa.org) - Perry J  
[literature@tricountyaa.org](mailto:literature@tricountyaa.org) - Amy L M  
[activities@tricountyaa.org](mailto:activities@tricountyaa.org) - John A  
[12step@tricountyaa.org](mailto:12step@tricountyaa.org) - Bob M  
[sobriety sentinel@tricountyaa.org](mailto:sobriety sentinel@tricountyaa.org) - Mike G  
[technology@tricountyaa.org](mailto:technology@tricountyaa.org) - Ron D

## TRADITION 4

*"Each group should be autonomous except in matters  
affecting other groups or A.A. as a whole."*

1. Do I insist that there are only a few *right* ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

*\*\* These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended for individual use, many AA groups have since used them as a basis for wider discussion.*

## Interested in Starting a Zoom Meeting?

The Intergroup is here to help! The Tri-County website has posted suggested guidelines from the GSO such as:

- example meeting formats,
- how to handle 7th tradition,
- digital currency and much more.

If you have questions or need help, email **[technology@tricountyaa.org](mailto:technology@tricountyaa.org)**. We would love to help.

## Save the Dates

### (Zoom meeting as needed)

Tri-County Intergroup Meetings

The Tri-County general meetings for secretaries/IR of all member groups and the public at large will be held every 3<sup>rd</sup> Sunday of the month at 12:00 PM

It is suggested the GSR's attend.

Meetings held at the Intergroup Office located at:

**2020 Campus Drive  
St. Charles, 63301**

I WAS ALWAYS THE  
BLACK SHEEP. THEN I  
STARTED GOING TO  
MEETINGS AND FOUND  
THE REST OF THE HERD.

*We Are Not Saints*

## March Birthdays

### Group 5

Keith A.

35 Years

*Just a reminder...*

*Even though we may not be meeting as we normally would, please keep submitting your home group birthdays for publication!*

### **Grapevine and La Viña are here to help!**

**[www.aagrapevine.org](http://www.aagrapevine.org)**

Due to the current changing health situation, many AA meetings across the U.S. and Canada are finding it safer to close.

To help members during this time, we are giving everyone **free access** to all of our 2020 Grapevine and La Viña issues. (The audio to Grapevine's stories will be available as well, so people can listen to the stories if they like.)

Please share with your fellows. We have also included a link to our Youtube channel with some original audio stories as well as other important information.

To enter – visit:

**[www.aagrapevine.org/we-are-here-to-help](http://www.aagrapevine.org/we-are-here-to-help)**

## **More Service Opportunities:**

The Tri-County Intergroup is looking for volunteers for the following committees:

**12-STEP CALL LIST:** The Tri-County Intergroup 12-Step Committee “mans” the 24 hour A.A. Hotline. There are positions for men and women to answer these calls, which can be forwarded to your personal phone. The system is set up to roll from one number to the next until someone from the 12-Step Call List answers. You may be asked for meeting times and locations and general guidance on finding the resources to assist these newcomers. **[12step@tricountyaa.org](mailto:12step@tricountyaa.org)**

**TECHNOLOGY:** The Tri-County Intergroup Technology committee is looking for tech savvy individuals to Co-Host Zoom meetings. As a Co-Host you will assist in managing the technical side of Zoom to allow the Chair of the meeting to focus on the meeting. This would include muting when there is meeting disruption and monitoring for security issues. Zoom experience would help; however, the Technology Committee will provide training to get you started.

Training will be provided for these service positions. If you are interested please email the committee chairs. Visit **[www.tricountyaa.org](http://www.tricountyaa.org)** for details.