

Sobriety Sentinel

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

Welcome!
There is a solution



May 2020

STEP 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

What an order! Admitting wrongs to God and to ourselves is one thing. To actually tell someone else the exact nature of our wrongs can be a frightening task indeed. After years of "keeping secrets" and hiding faults and shortcomings, openly admitting them — and out loud to another human being — is a drastic turnaround.

What's the Purpose of Step 5?

Just as the 12 steps themselves are in a specific order for a reason, the process outlined in Step 5 is likewise. There is a reason that the first admission of wrongs is to God as we understand Him. It prepares members for the rest of the step.

But by having that conversation with a personal higher power in a spirit of prayer, the things that need to be changed are revealed. The exact nature of our wrongs has been discovered along with the ways that they need to be changed.

Once you have had the integrity to become honest with God, then becoming honest with yourself and another human being becomes much easier. Perhaps more than any other step in the process, step 5 provides the chance to begin "growing up" spiritually. It gives the opportunity to unload the burdens of the past and be done with them.



Eliminating Pride and Overcoming Fear

The purpose of step 5 is not to feel shamed in the eyes of your sponsor or whomever listens to you during it. Instead, it is a time to get rid of the old garbage and the dark secrets we've been holding inside. Quite often, it was these things that kept us drinking or using.

When preparing for step 5, many people describe fear. It really can be a gut-wrenching process. Our pride wants us to feel like we're doing good and moving on from all that destructive behavior. Step 4 forces us to look back at all of that and step 5 brings it out into the open, revealing everything.

There's also the fear that your listener will think less of you. However, you have to keep in mind that they've been right there, too. Who knows, they may have done worse things during their drinking and using days, but that doesn't matter. In step 5, the focus is you and what you've done.

If you have thoroughly taken your inventory in step 4, then this is just an airing of those problems. Some people — quite a few, in fact — find that they need to step back and do a more thorough inventory and take step 5 again.

The Freedom of Step 5

Many alcoholics feel great freedom after doing step 5. It's a relief to get all that baggage you've been lugging around out in the open. This is a chance to clear the air internally, and there's a great relief when you finally vocalize everything.

Step 5 is also an opportunity to get to the root cause of your addiction. While it's easy to give it titles like envy, jealousy, anger, or whatever, many people find that it's really fear. It may be different for you, of course, but the point is that this step and step 4 give you the insight to discover exactly what that is.

Rather than looking at step 5 as a fearful experience, think about how clear your conscience will be once it's done. Many people call it "freedom" and say they experience peace and calm they haven't felt in years.

Very Well Mind – January 2020

SobrietySentinel@tricountyaa.org

Literature@tricountyaa.org

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



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.

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
TECHNOLOGY – Ron D. – webadmin@tricountyaa.org
12-STEP – Bob M. – 12step@tricountyaa.org

InterGroup Chairs and Sub Chairs Directory

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

TRADITION 5

"Each group has but one primary purpose –

to carry the message to the alcoholic who still suffers."

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from 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.*

Now....For Some Humor



*When I got pulled over by the police the officer said to me "sir I can smell alcohol."
I said "yes that's because you are not respecting social distancing."*

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 3rd 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**



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

April Birthdays

Group 164

Bill B. 33 Years

Group 4094

Steve H. 9 Years

John J. 15 Years

Corey H. 26 Years

May Birthdays

Group 164

JR H. 8 Years

Alan B. 16 Years

Kathy B. 28 Years

Grapevine and La Viña are here to help!

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

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