

# Sobriety Sentinel

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

Welcome!  
There is a solution



June 2020

## STEP 6

*“Were entirely ready to have God remove all these defects of character.”*



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

## CHARACTER DEFECTS: SHORTCOMINGS YOU'RE READY TO LET GO OF

While working on Step Six we learn about the humility it takes to see ourselves more clearly. We see that character defects and instincts work hand-in-hand.

We were given instincts to help us stay alive. However, when our abundant instincts or desires far exceed their intended purpose, motivate us to act blindly, or make us willfully demand that we be supplied with more satisfactions than are possible or due, they then become character defects.

It's important when looking at your character defects in Step Six to

remember the basic nature of all human beings (which is the same for all of us). We all have needs and we try to get the met; how we go about getting them is where defects come into play.

To be clear, “defects of character” does not mean you are defective, or that you are a bad character. In fact, instead of seeing your faults and failings as *defects*, you should reframe it as “shortcomings” that can be address and worked on.

When we get to those issues deep down that caused the addictions and behaviors then real long-lasting change occurs. We can make a real effort to heal the underlying core mental and emotional issues that have caused limiting and/or destructive behavior.

When you're ready to let go, some of the most popularly destructive character defects or shortcomings, usually include: fear, pride, dishonesty, gluttony, greed, lust, jealousy, grandiosity, willfulness and anger.

If we are completely honest with ourselves we have to admit that sometimes we exult in some of our defects- they feel good and we really kinda love some of them! But we have seen time and time again that changing addictive behavior no matter how difficult it seems is possible. The overwhelming task is much easier when broken down into tiny incremental steps.

Jason Wahler 2020

[www.jasonwahler.com](http://www.jasonwahler.com)



## 70<sup>th</sup> Annual Missouri State Convention

2020: A Clear Vision for You

Hosted by the

Western & Eastern Areas of Missouri

Starts: July 31, 2020 @ 5:00 pm

Ends: August 2, 2020 @ 12:00 pm

Capitol Plaza Hotel

415 West McCarty

Jefferson City

## 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)

# 5 Mindfulness Practices to Step Up Your Recovery

Ready to take your recovery from alcohol and drug addiction to a whole new level? Practice being mindful with these tried-and-true activities—they might be just what you're looking for.

Heard in a Twelve Step meeting: "Sometimes I feel like I'm just going through the motions. I mean, I'm working the program but I'm not getting as much out of it as I used to."

It's a common experience—no matter what the context. We start a new diet or join a fitness club or enroll in a class, and before we know it our enthusiasm fades and the stress ramps up. We're hit with the reality that there are no quick fixes. That self-improvement is a life-long journey.

That's precisely the moment when adding mindfulness to your addiction recovery program could reboot your enthusiasm and re-energize your journey.

## What is Mindfulness?

It's a gentle way of opening our mind to greater awareness; to a truer, deeper understanding of our self and our world. So why should we care about being mindful in today's world?

Studies have shown that mindfulness activities can actually reshape our brain in positive ways, improving physical and mental health and promoting overall well-being. It can help tame anxiety, provide a greater self-awareness, and help us acknowledge and cope with emotions that may not be rooted in reality.

What's more, incorporating mindfulness exercises into treatment is especially helpful for those of us who have struggled with addiction to alcohol, drugs, porn, unhealthy relationships, or other destructive behaviors. Here's why.

## The Mindfulness-Recovery Connection

The brain is the only organ specifically designed to be shaped by experience and practice, much like a muscle gets stronger with exercise. In the past, when we repeatedly engaged in the thoughts and behaviors that propel addiction, we unknowingly shaped our brain in ways that worked against us and prevented us from being mindful.

Mindfulness exercises empower us to *intentionally* reshape our brain in ways that bring greater control, awareness, and happiness to our life.

## Getting Started

One of the strengths of mindfulness is that we can practice it any time, any place. We don't have to adopt a particular belief system or invest a great deal of time and energy to take advantage of this expanded awareness. We need only be willing to try new ways of experiencing the world.

These five core practices are a good way of getting started:

**Be present**

**Focus on the breath**

**Recognize your thoughts as thoughts**

**Expand your circle of compassion**

**Be still**

## 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



"If I was getting paid for this, I'd quit!"

## May Birthdays

### Group 5

Harold M. 30 Years

### Group 4094

Patrick B. 10 Years  
Ken K. 25 Years

### *Just a reminder...*

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



## Service Opportunities:

The Tri-County Intergroup is looking for volunteers for:

**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@tricityaa.org](mailto:12step@tricityaa.org)