

Sobriety Sentinel

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

Welcome!
There is a solution



July 2020

STEP 7

“Humbly asked Him to remove our shortcomings.”



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

Humility &

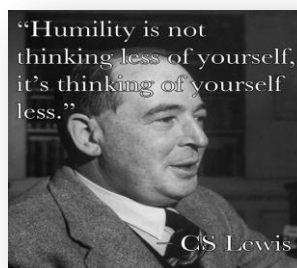
The Twelve Steps

Humility is a key ingredient of groups like Alcoholics Anonymous. In fact Step 7 of the program states, *humbly ask Him to remove our shortcomings*. A closer look at the 12 Steps shows that they all require some degree of humility. This is the first of the steps: *we admitted we were powerless over our addiction – that our lives had become unmanageable*. There is no room for arrogance if people hope to escape from addiction.

These are some of the ways that humility can benefit people in recovery:

- Humility means that people are not afraid to ask questions. People who ask questions may feel stupid for a few moments, but people who never ask questions will always remain stupid.

- Humble people find it easy to pick up new knowledge. They are always learning new and useful things. This is because they do not arrogantly recovery. Ignorance is no longer a luxury that they can afford; it can be fatal. In AA, they encourage people to develop a beginner's attitude by reminding them that *our best thinking got us drunk*.
- If people hope to follow a spiritual path in recovery, then they will find that developing humility will be a key ingredient. It is impossible to develop a more spiritual way of living without this humble attitude.
- People with this attitude are far less likely to relapse. They won't become overconfident or begin to take their sobriety for granted. They will cherish their life away from addiction



- Humble individuals are never short of friends. They are just so easy to be around that people cherish their company. The fact that they are so modest and respectful means that they rarely come into conflict with anybody.
- People with this type of attitude are likely to have less stress in their life. Those who are arrogant tend to rub people the wrong way and cause problems for themselves.
- Humility means that the individual is able to be of great service to others. It is well documented that helping other people in recovery is a great way for the individual to strengthen their own recovery. assume they already have all the answers. When people recover from an addiction, they have many things to learn if they want to be able to build a successful

Alcohol Rehab – 2020

2020 Summer Area Assembly



Virtual Assembly

Summer Assembly

July 18, 2020

Please pre-register before the Assembly
Register link <http://eamo.org/summer-assembly-2020/>

This will be a one-day assembly on Saturday July 18, 2019 from 8:30am - 5pm.

More Information or Any Questions Contact George J Area 38
Chairperson at Chair@eamo.org or call me 314-210-1041

Everyday ways to practice meditation

Don't let the thought of meditating the "right" way add to your stress. If you choose to, you can attend special meditation centers or group classes led by trained instructors. But you can also practice meditation easily on your own.

And you can make meditation as formal or informal as you like, however it suits your lifestyle and situation. Some people build meditation into their daily routine. For example, they may start and end each day with an hour of meditation. But all you really need is a few minutes of quality time for meditation.

Here are some ways you can practice meditation on your own, whenever you choose:

- **Breathe deeply.** This technique is good for beginners because breathing is a natural function.

Focus all your attention on your breathing. Concentrate on feeling and listening as you inhale and exhale through your nostrils. Breathe deeply and slowly. When your attention wanders, gently return your focus to your breathing.

- **Scan your body.** When using this technique, focus attention on different parts of your body. Become aware of your body's various sensations, whether that's pain, tension, warmth or relaxation.

Combine body scanning with breathing exercises and imagine breathing heat or relaxation into and out of different parts of your body.

- **Repeat a mantra.** You can create your own mantra, whether it's religious or secular. Examples of religious mantras include the Jesus Prayer in the Christian tradition, the holy name of God in Judaism, or the om mantra of Hinduism, Buddhism and other Eastern religions.

- **Walk and meditate.** Combining a walk with meditation is an efficient and healthy way to relax. You can use this technique anywhere you're walking, such as in a tranquil forest, on a city sidewalk or at the mall.

When you use this method, slow down your walking pace so that you can focus on each movement of your legs or feet. Don't focus on a particular destination. Concentrate on your legs and feet, repeating action words in your mind such as "lifting," "moving" and "placing" as you lift each foot, move your leg forward and place your foot on the ground.

- **Engage in prayer.** Prayer is the best known and most widely practiced example of meditation. Spoken and written prayers are found in most faith traditions.

You can pray using your own words or read prayers written by others. Check the self-help section of your local bookstore for examples. Talk with your rabbi, priest, pastor or other spiritual leader about possible resources.

- **Read and reflect.** Many people report that they benefit from reading poems or sacred texts, and taking a few moments to quietly reflect on their meaning.

You can also listen to sacred music, spoken words, or any music you find relaxing or inspiring. You may want to write your reflections in a journal or discuss them with a friend or spiritual leader.

- **Focus your love and gratitude.** In this type of meditation, you focus your attention on a sacred image or being, weaving feelings of love, compassion and gratitude into your thoughts. You can also close your eyes and use your imagination or gaze at representations of the image.

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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**



Do you have an AA-related story or activity you would like to share?

Please submit them to:

sobriety sentinel@tricountyaa.org

Please submit by the 15th of each month.

June Birthdays

Group 164

Donnie W.

31 Years

Just a reminder...

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

Seeking to Serve?

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@tricountyaa.org



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